

Benefits of switching to decaffeinated tea and coffee

Continence Service

Information for Patients

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Leicester's hospitals now serve decaffeinated tea and coffee on all wards.

What is decaf tea/ coffee?

Caffeine is a natural chemical with stimulant effects, which means it increases activity in your brain and nervous system. It is found in tea and coffee as well as a large number of other products.

Decaf is short for decaffeinated. Decaffeinated tea or coffee is simply where the caffeine has been removed from the coffee beans or tea leaves. It may still contain very low levels depending on how it was produced.



Why are decaf drinks better for my bladder health?

Having an overactive bladder means that you may experience urgency, frequent need to go, and waking during the night to pass urine.

There are certain drinks that will make this worse including caffeine, found in tea and coffee, which is a stimulant that can irritate the bladder. Cutting out the caffeine and switching to decaffeinated tea and coffee will improve your bladder health and reduce these urinary symptoms.

By reducing that sudden urge to pass urine, you can also help reduce your risk of having a fall which can often happen when rushing to reach the toilet in time.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

If you are an inpatient at one of our hospitals and have a continence problem, ask your nurse or doctor to refer you to the hospital Continence Service.

Are there other benefits of switching to decaffeinated drinks?

Other benefits of switching to decaffeinated tea/ coffee include:

- improved sleep
- reduce noticeable/ irregular heart beats (palpitations)
- helps prevent dehydration and headaches
- reduces indigestion
- reduces risk of a condition that weakens bones (osteoporosis), as caffeine prevents absorption of calcium.

Caffeine withdrawal

If you normally drink a lot of caffeinated tea and coffee you may have some withdrawal headaches. These may develop after about 18 hours. If this occurs drink plenty of plain water. Headaches and low energy levels may last for a couple of days but the benefits will be worth it.

Caffeinated tea and coffee is available in hospital if you prefer. Please ask for this. Or, if you want to continue with the switch to decaffeinated tea or coffee, we advise that you reduce your intake by half a cup a day, over a 7-day period, building up to a level where you are drinking less than 5 caffeinated drinks a week.

Once you have reached this level of consumption it will be easier to take the decision to remove caffeine from your diet altogether.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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