



Why switch to decaffeinated tea and coffee?



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

There are certain drinks that will make this worse including caffeine, which is a stimulant and can cause bladder irritation. This is found in tea and coffee.

When offered a hot drink, why not try a decaffeinated tea or coffee instead.

This can also help to reduce your risk of falls by preventing that sudden urge to pass urine.

Cutting out the caffeine and switching to de-cafeinated tea and coffee will improve your bladder health and reduce these urinary symptoms.



**Community Infection
Prevention and Control Team**