

COUNTING CAFFEINE

If you have bladder problems, especially incontinence, overactive bladder, urgency, and frequency, it may help if you avoid foods and liquids that contain caffeine. Caffeine irritates the bladder and will make you go to the bathroom more often. The effect of caffeine may be seen within 30 minutes. Many of the foods you eat contain caffeine. It is found in soft drinks and over-the-counter drugs, and even in chocolate. It may be added to any baked goods and processed foods. Americans consume more than 200 mg of caffeine per day on average. The U.S. Food and Drug Administration (FDA) has listed more than 1,000 drugs that you can buy off the shelf in drug stores that contain caffeine. It is usually listed on the labels. Here are the most common caffeine sources with their amounts of caffeine.

Source of Caffeine	Serving Size	Milligrams of Caffeine
Coffee		
Brewed, brewed	8 oz.	95
Brewed, espresso	8 oz.	30-50
Instant	8 oz.	65–100
Decaffeinated	8 oz.	2.4
Tea		
Green	8 oz.	15-40
Black	8 oz.	50
Green- Decaf brewed	8 oz.	3
Herbal tea	8 oz	0
Instant tea	8 oz	30
Iced tea	12 oz.	67–76
Soft Drinks		
Red Bull	8 oz.	80
Jolt Cola	12 oz.	71
Mountain Dew	12 oz.	54
Coca-Cola	12 oz.	23
Diet Coke	12 oz.	31
Tab	12 oz.	49
RC Cola	12 oz	36
Diet Rite	12 oz	36
Pepsi-Cola	12 oz.	25
Diet Pepsi	12 oz.	24
Dr. Pepper	12 oz.	60
Sugar-free Dr Pepper	12 oz	40
Sunkist orange	12 oz	42
Chocolate		
Hot Chocolate	5 oz.	2–15
Chocolate milk	1 oz.	5

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COUNTING CAFFEINE (CONT'D)

Source of Caffeine	Serving Size	Milligrams of Caffeine
Baking		
Dark chocolate	1 oz	20
Unsweetened baking	1 tbsp	6
Semi-sweet baking	1 oz.	10
Hersey's cocoa	1 tbsp	11
Candy		
Average Hershey bar	1.5 oz	9
REESE'S peanut butter cups	1.6 oz	4
Medicines (per tablet)		
Stimulants		
NoDoz tablets		100
Vivarin tablets		200
Pain Relievers		
Anacin		32
Excedrin		65
Excedrin P.M.		0
Midol		32