

My Dog Drank Tea: What to Do

From the Teas.co.uk wiki

If your dog drank tea, in summary: A small sip is fine, a half-mug wants monitoring, an eaten teabag or any xylitol-sweetened tea warrants a vet call; caffeine is the variable, dog size the multiplier.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for My Dog Drank Tea: What to Do. Canonical: <https://teas.co.uk/wiki/my-dog-drank-tea-what-to-do/>*

If your dog has just drunk tea, here is the calm sequence. This sits in the pets cluster beside [is tea toxic to dogs](#).

Last reviewed by the teas.co.uk team in May 2026.

General information, not veterinary advice. Pets differ; if your animal has ingested caffeine or you are unsure, contact a vet or an animal poison line immediately.

In short: my dog drank tea

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Situation	The answer
Small sip / lick from a milky cup	Almost always fine; monitor, no action
Half a mug of normal British tea	Mild caffeine load; watch for jitters, panting
Drank a teabag whole	Vet call; concentrated caffeine + foreign body risk
Multiple cups / strong coffee mistaken for tea	Vet immediately; caffeine toxicity risk
Herbal infusion (mint, chamomile, rooibos)	Generally safer; check ingredients for sage/peppermint excess
Sweetened tea	Watch for xylitol if "sugar-free" (dangerous to dogs)
Small dog	Same amount is proportionally larger; lower threshold for vet

Situation

If in doubt

The answer

Phone vet or Animal PoisonLine (01202 509000)

The calm sequence

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The calm sequence, My Dog Drank Tea: What to Do. Canonical: <https://teas.co.uk/wiki/my-dog-drank-tea-what-to-do/>*

Step one is to assess, not panic: estimate how much, how strong, and the size of the dog. A single lick of milky tea from a small spill is usually minor; a mug of strong tea, or eaten teabags or loose leaf, is not. Step two: for anything beyond a trivial lick, especially a small dog, strong tea, or eaten bags or leaves, phone a vet or an animal poison line now rather than waiting for symptoms. Step three: do not self-treat, and in particular do not induce vomiting or give anything unless a vet instructs, because the wrong action can make things worse. And if a teabag was eaten, say so, because it carries concentrated caffeine plus a possible gut-obstruction risk. See [is tea toxic to dogs](#).

What "watch for signs" means, hour by hour

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What "watch for signs" means, hour by hour, My Dog Drank Tea: What to Do. Canonical: <https://teas.co.uk/wiki/my-dog-drank-tea-what-to-do/>*

Caffeine reaches peak blood level in a dog roughly 30 to 90 minutes after ingestion, so the first hour and a half is the window in which symptoms appear if they are going to. Mild signs (some restlessness, mild panting, unsettled behaviour, refusing to nap, mild stomach upset) suggest a low-end dose, and watchful waiting at home is reasonable; the dog should be back to normal within four to six hours as the caffeine clears. Moderate signs (vomiting, more pronounced tremors, a fast heart rate visible at the chest, unusual hyperactivity) mean a vet call. Severe signs (collapse, seizures, severe vomiting, a sustained rapid heart rate, very high temperature, agitation) are an emergency, and the next step is the nearest open emergency vet, not the regular surgery. Keep a phone nearby, do not induce vomiting unless a vet instructs, and write down the time of ingestion, the type and strength of tea, and roughly how much, because all three help the vet decide faster.

Prevention, and the Animal PoisonLine

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Prevention, and the Animal PoisonLine, My Dog Drank Tea: What to Do. Canonical: <https://teas.co.uk/wiki/my-dog-drank-tea-what-to-do/>*

Most incidents are accidental rather than the dog seeking caffeine, so prevention is short and practical: do not leave half-finished mugs on low tables or the floor; clear up after tea time; keep used teabags in a sealed bin liner rather than an open kitchen-bin top a dog can nose open, since dogs find them appealing for the milk and sugar smell; and keep loose-leaf tins in a cupboard, not on a low shelf or counter. Save the Animal PoisonLine number (01202 509000 in the UK, 24-hour) in your phone so it is there without searching in a crisis. One footnote worth heeding: cats are smaller and more caffeine-sensitive, so the threshold for a vet

call is lower, and an apparently small incident in a cat warrants a phone call rather than watchful waiting, see [can cats drink tea](#).

Want to actually buy a good one?

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Want to actually buy a good one?, My Dog Drank Tea: What to Do. Canonical: <https://teas.co.uk/wiki/my-dog-drank-tea-what-to-do/>*

If this has helped you decide, the next step is buying a genuinely good one judged on the cup rather than the marketing. To see the range, browse [tea and herbal infusions at teas.co.uk](#) or the full [tea shop](#). As everywhere on this wiki: buy on the cup and the description, never the marketing, check the per cup price, and remember free UK delivery is over £35.

Reference noted

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- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)

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Pet-safety reading

- [Is tea toxic to dogs](#)
- [Can dogs drink tea](#)
- [Can cats drink tea](#)
- [Safe herbal teas for dogs](#)

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