# Does Tea Make You Pee

From the teas.co.uk wiki

> **Tea and urination, in summary:** Tea is a mild diuretic so it does make you pee, but at normal intake it still hydrates net positive. The truth, and where the myth goes wrong.

*Last reviewed by the teas.co.uk team in January 2026.*

**Tea has mild diuretic effect from caffeine, yes, you'll pee more. But the fluid input dramatically exceeds the diuretic loss. Net hydration is positive (~90% of water hydration). The "tea dehydrates" myth is false. Drinking tea increases urination because you're drinking more fluid total.**

## The answer

Yes, tea makes you pee more. Two reasons:

1. It's fluid, drinking more fluid means more urination.
2. Caffeine has mild diuretic effect.

The diuretic effect is small. The fluid intake is large. Net hydration is positive.

## The numbers

For a 200ml cup of tea:

- Fluid in: 200ml.
- Caffeine diuretic effect: ~5-15ml additional output beyond plain water.
- Net hydration: 185-195ml positive.

## Habitual drinkers

Daily tea drinkers develop tolerance to caffeine's diuretic effect. The diuretic effect is even smaller than for occasional drinkers.

## The "tea dehydrates" myth

Persistent but false. Tea hydrates you. Stop worrying.

References: 2003 systematic review in Journal of Human Nutrition and Dietetics; European Food Safety Authority confirmation; British Dietetic Association.

### By tea type

- Black tea (40-50mg caffeine): mild diuretic.
- Green tea (25-40mg caffeine): less diuretic.
- White tea (15-25mg): minimal diuretic.
- Decaf: negligible.
- Herbal: same as water.

### Practical implications

- Don't drink tea right before long meetings (bathroom interruption).
- Don't drink tea right before bed (sleep interruption).
- Tea is fine for everyday hydration.
- Cut tea 2 hours before activities where bathroom access is limited.

### FAQ

**Tea makes you pee?** Yes, fluid intake + mild diuretic.

**Tea dehydrates?** No, net hydration is positive.

**How much more pee?** Small additional output beyond plain water equivalent.

**Cut before bed?** Yes if it disrupts sleep.

### The mechanism, and the numbers

Caffeine is a mild diuretic: it slightly increases urine production, mostly by changing blood flow through the kidney and reducing sodium reabsorption, which pulls a little extra water out with it. The effect is real but modest, strongest in people who rarely consume caffeine and blunted by tolerance in regular drinkers, and it is far smaller than the volume of water you just drank, so net you are still up on fluid.

| Drink | Typical caffeine | Diuretic effect | Net fluid effect at normal intake |
|---|---|---|---|
| Cup of black tea | ~40 to 70mg | Mild | Net positive: hydrates |
| Cup of green tea | ~25 to 45mg | Very mild | Net positive: hydrates |
| Strong mug, stewed long | ~70 to 110mg | Mild to moderate | Still net positive for most people |
| Herbal or rooibos infusion | None | None from caffeine | Net positive: counts fully as fluid |
| Plain water (same volume) | None | None | Baseline |

The myth that does harm is the leap from "tea is a diuretic" to "tea dehydrates you and does not count as fluid". At normal intake the water in the cup outweighs the small extra loss, so a normal tea habit hydrates rather than dehydrates. If frequent trips are the real issue, the lever is strength and timing, a lighter green or a caffeine-free infusion later in the day, not giving tea up. This is general information, not medical advice;

anyone with a diagnosed bladder or kidney condition should follow their clinician.

*Curator's note: tea makes you pee but it hydrates. Net positive. The "dehydration" myth is false. Lee, teas.co.uk, Tunbridge Wells.*

### Reference noted

- EFSA Scientific Opinion on the Safety of Caffeine (2015)

To keep the fluid without the diuretic load in the evening, browse the herbal range, the rooibos range, or the full tea shop (free UK postage over £35).

**FROM THE CURATOR**

*teas* · UK orders from £35 are delivered free, which works out at two or three good bags. A few bags in a modest order beat a single splurge.

### Tea and hydration reading

- Does tea dehydrate you?
- Caffeine in tea
- black tea explained
- Herbal tea overview

### More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag


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