



Caffeine in Pregnancy

Having caffeine drinks during pregnancy may lead to miscarriage and stillbirths

A mug of coffee each day roughly doubles the risk of having a stillbirth.

There is no known safe level of caffeine whilst you are pregnant.



- Coffee, Tea
- Caffeinated fizzy drinks
- Caffeinated energy drinks
- Limit chocolate intake



- Decaf drinks
- Herbal Teas
- Water (still or sparkling)
- Juice

During pregnancy, all drinks with significant levels of caffeine such as coffee, cola and energy drinks should be avoided. It is best to switch to decaffeinated drinks or drinks without caffeine.