

Are you drinking enough?

Colours 1-3 suggest normal urine

1



Check the colour of your urine against this colour chart to see if you're drinking enough fluids throughout the day.

2



If your urine matches 1-3, then you're hydrated.

3



Colours 4-8 suggest you need to rehydrate

4



If your urine matches 4-8, then you're dehydrated and you need to drink more.

5



If you have blood in your urine (red or dark brown), seek advice from your GP.

6



Please be aware that certain foods, medications and vitamin supplements can change the colour of urine.

7



8

