

The urine colour guide

Be aware that limiting fluid intake can cause urinary tract infections.

Aim for approximately 6-8 glasses a day to stay hydrated.

Choose a drink that you are most likely to finish, all fluids count except alcohol.

Colours 1-3 suggest normal urine

	1. Clear to pale yellow urine suggests that you are well hydrated.
	2. Light/transparent yellow urine suggests an ideal level of hydration.
	3. A darker yellow/pale honey coloured urine suggests that you may need to hydrate soon.

Colours 4-8 suggest you need to rehydrate

	4. A yellow, cloudier urine colour suggests you are ready for a drink.
	5. A darker yellow urine suggests you are starting to become dehydrated.
	6. Amber coloured urine is not healthy, your body really needs more liquid. All fluids count (except alcohol).
	7. Orange/yellow urine suggests you are becoming severely dehydrated.
	8. If your urine is this dark, darker than this or red/brown, it may not be due to dehydration. Seek advice from your GP.