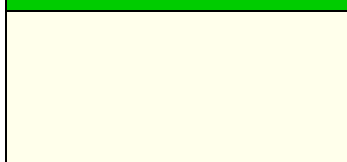
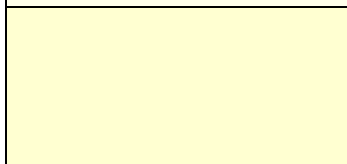
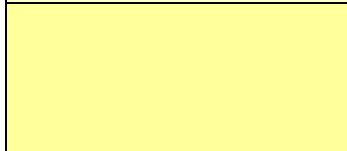



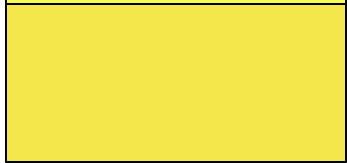



# Urine colour guide for Domiciliary Care

This poster is designed to help ensure service users are drinking enough fluids regularly.  
Aim for at least 1500 mls/6-8 glasses a day to stay hydrated, unless fluid restricted.  
Offer drinks that service users are most likely to finish, all fluids count except alcohol.

## Colours 1-3 suggest normal urine

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

## Colours 4-8 suggest the service user needs to rehydrate

	4. A yellow, cloudier urine colour suggests the service user is ready for a drink.
	5. A darker yellow urine suggests the service user is starting to become dehydrated.
	6. Amber coloured urine is not healthy. The service user requires more liquid. All fluids count (except alcohol).
	7. Orange/yellow urine suggests the service user is becoming severely dehydrated.
	8. If their urine is this dark, darker than this or red/brown, it may not be due to dehydration. Medical advice should be sought.

Some medical conditions, medications, supplements and foods,  
can affect the colour of urine.

Using the colour of urine alone is an unreliable indicator of dehydration in older people.