

Urine colour chart

Are you drinking enough?
Let your wee help you see!



It's important to note that some medications, vitamin supplements and food can alter the colour of your urine.

Keeping hydrated: 'Water is best, but you can include the rest!'
Hot drinks, as well as cold will help to keep you hydrated. Tea will help hydrate you, but a cold beer and other alcohol will dehydrate you!

For further information on dehydration, visit:

<http://www.nhs.uk/Conditions/Dehydration/Pages/Prevention.aspx>