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NHS

Are you drinking enough?

Colours 1-3 suggest normal urine

1 

2 

3 

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

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

Colours 4-8 suggest you need to rehydrate

4 

5 

6 

7 

8 

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

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

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

Community Infection Prevention and Control, Harrogate and District NHS Foundation Trust
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