

## URINE COLOUR CHART

Preventing urinary tract infections (UTI) with hydration

The general rule of adequate hydration is that the clearer and lighter the urine the better.



**URINE COLOUR** 

1-3 HEALTHY URINE 1

Probably well hydrated. Drink fluid as normal.

NOTE: VITAMINS, MEDICATIONS, **ALCOHOL & CERTAIN** DIETS CAN AFFECT **COLOUR OF URINE** 

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Could stand to drink a little fluid now, maybe a small glass of water.

Drink 1/2 bottle of fluid (250mls) within the hour, or drink a whole bottle (500mls) of fluid if you're outside and / or sweating.

Drink a full bottle of fluid (500mls) within the hour or drink 1&1/2 bottles of fluid (750mls) if you are outside and / or sweating.

Drink 2 bottles of fluid right now (1 litre). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. Seek further advice.