









Are you drinking enough?

Colours 1-3 suggest normal urine

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|---|--|--|
| 1 |  | Check the colour of your urine against this colour chart to see if you're drinking enough fluids throughout the day. |
| 2 |  | |
| 3 |  | |

Colours 4-8 suggest you need to rehydrate

| | | |
|---|---|---|
| 4 |  | If your urine matches 4-8, then you're dehydrated and you need to drink more. |
| 5 |  | |
| 6 |  | If you have blood in your urine (red or dark brown), seek advice from your GP. |
| 7 |  | Please be aware that certain foods, medications and vitamin supplements can change the colour of urine. |
| 8 |  | |