

What does the colour of your urine say about your health?

11 main colours that will give a clue as to your state of health



TRANSPARENT

You're **hydrated** more than enough.



VERY LIGHT YELLOW

You are **well hydrated** and probably healthy.



LIGHT YELLOW

This colour is **normal**.



MODERATE YELLOW

You're **alright**, but focus on getting your fluids in early.



DARK YELLOW

You are **dehydrated**, drink more water.



BROWN

It can occur if you've recently eaten **beans, rhubarb or aloe**. Drink enough fluids and contact a doctor if your urine remains this colour even after fluid intake (after 12-24 hours). This may be a sign of kidney disease, liver disease or severe dehydration.



ORANGE

Possible dehydration or a problem with the liver or bile ducts. Urine colour may also be affected by food colouring, taking certain vitamins, especially B-complex, carotene or increased intake of carrots. Drink enough fluids, and if the urine colour persists (after 12-24 hours), contact your doctor.



BLUE/GREEN

Probably caused by food colouring. It may also be an effect of medication or a symptom of a bacterial urinary tract infection or a rare genetic disease. If the colour persists, contact your doctor.



PINK/REDDISH PURPLE

It may occur if you have recently eaten **beetroot, blueberries, blackberries, rhubarb or laxatives**. If not, contact your doctor. It may be a sign of infection, presence of blood, problems with prostate or kidney disease.



FOAMY/SHUMPY

It may be a sign of **kidney problems or excess protein in the urine**. If this occurs regularly, contact your doctor.



A DIFFERENT COLOUR

It may be caused by **dye, medication, laxative or chemotherapy**. If you are not sure, contact your doctor.

