

# 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.

