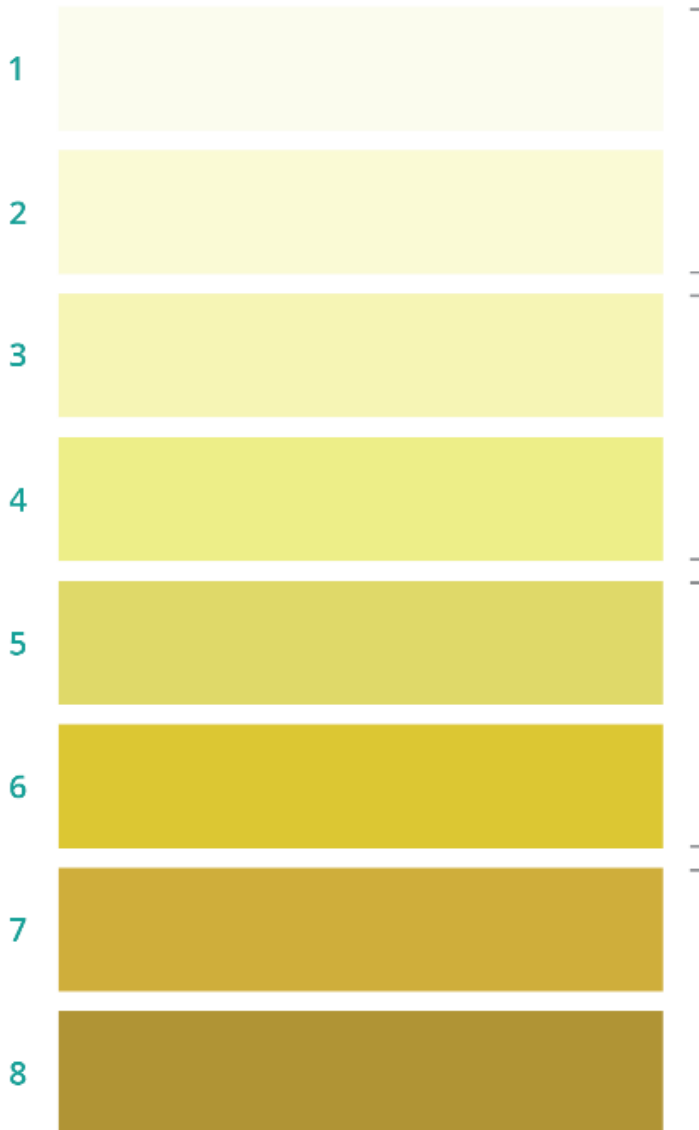




Am I drinking enough water?

Use this urine colour chart to assess how hydrated you are. It is important to drink plenty of water every day to stay healthy.



1 to 2: Hydrated

Pale, odourless and plentiful urine is often an indication that you are well hydrated.

Keep drinking at the same rate.

3 to 4: Mildly dehydrated

Slightly darker yellow urine can indicate that you need to drink more water.

Drink a glass of water now.

5 to 6: Dehydrated

Medium-dark yellow urine is often an indication that you are dehydrated.

Drink 2-3 glasses of water now.

7 to 8: Very dehydrated

Darker, strong-smelling urine in small amounts can be a sign of dehydration.

Drink a large bottle of water immediately.



What can change the colour of my urine?

Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.



Important

The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.