

AM I DRINKING ENOUGH WATER?

When we drink enough water our wee should be a pale yellow colour - like straw. Compare your urine colour to the chart below!



IDEAL COLOUR

If you are drinking enough it should be a pale yellow colour.

SLIGHTLY DEHYDRATED

Darker yellow colour. Try to drink more water throughout the day

VERY DEHYDRATED

Very dark colour.
You need to drink more water.

This colour chart is for people with normal kidney function. These colours are a guide only. Check the colour of your wee over a week to see how much water your body needs.

What else can change the colour of my wee?

- ▲ Some foods
- ▲ Some medicines
- ▲ Some vitamins



Water is the best choice of drink for your body.

Urine colour chart from Victorian Continence Resource Centre. Reproduced with permission 2015.

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Partner:



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