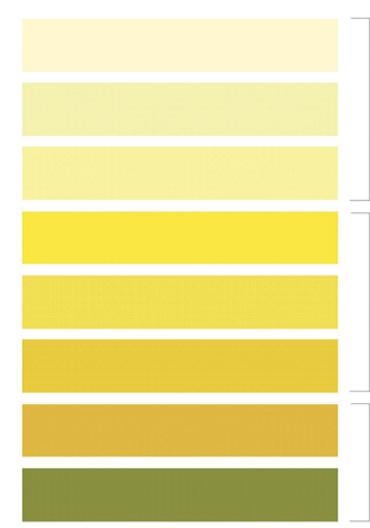
## **AM I DRINKING ENOUGH WATER?**

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



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.

Partner

# What else can change the colour of my wee?

- Some foods
- Some medicines
- Some vitamins

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







Government of **Western Australia** Department of **Health** 

Water is the best choice of drink for your body.





#### **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.