

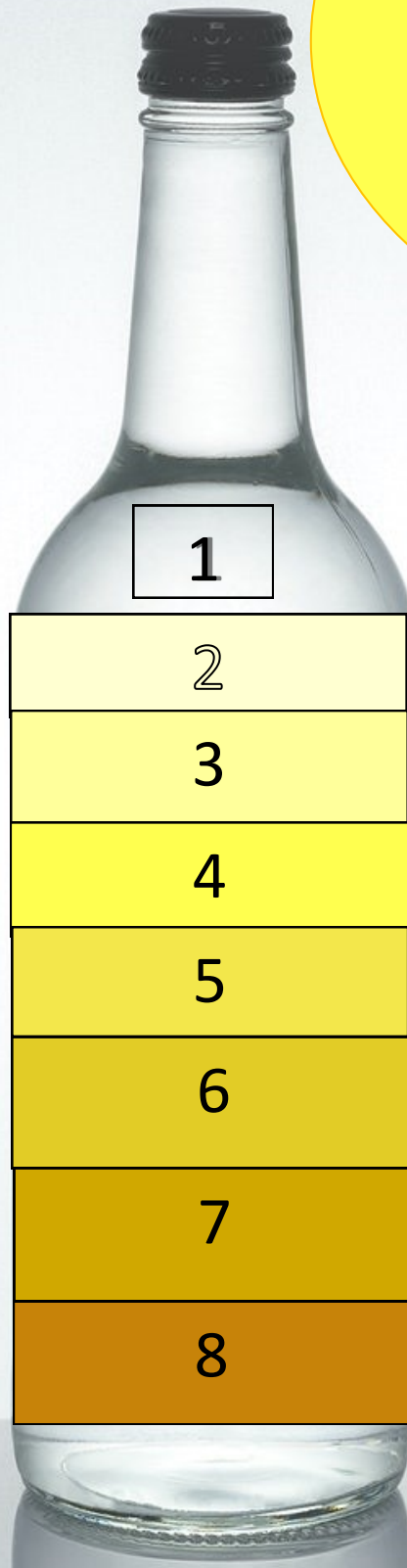
# Urine Colour Guide To Hydration

Good hydration prevents many common complaints such as;

Urinary tract Infections, Headaches, Constipation, Dizziness, pressure Ulcers and general poor health

Not drinking enough fluids can cause Dehydration which becomes visible in urine colour.

**Always aim for optimal Hydration**



## 1 to 3 is Healthy pee

Pale, odourless urine is an indication that you are well hydrated

Number 4, drink some more...

5,6,7,8, really need to re-hydrate!

If blood is present in urine either red or dark brown, seek advice from GP

**NHS**

Vale of York  
Clinical Commissioning Group