

Hydration and Urine Colour



Quick Facts about Staying Hydrated

- 💧 Water makes up two thirds of our body.
- 💧 Even mild dehydration can affect our bodies and how we feel.
- 💧 If you're feeling unwell, most of the time, it is because of dehydration.
- 💧 By the time you feel thirsty you are already dehydrated.

Keeping hydrated

Make sure you are drinking enough fluids to prevent dehydration and to help keep you fit and healthy.

You should aim to drink at least 1.6 – 2 litres (approximately 3 – 4 pints) of fluid per day to stay hydrated. This is the same as around 8 glasses or mugs of fluid.

Signs of dehydration can include

- a dry mouth or lips
- thirst
- tiredness
- headache
- dry and loose skin and dark coloured or strong smelling urine
- dehydration can be mistaken for hunger

Good levels of hydration can help with

- preventing low blood pressure
- reducing risk of urinary infections
- preventing constipation
- reducing risk of confusion and falls
- healing cuts and grazes
- reducing risk of pressure sores or helping them heal
- improving skin health

This will result in reducing preventable treatments and hospital admissions.

How Can You Help?

**Drink water and fluids through the day
and at mealtimes**

**Always have water available to drink and
within easy reach**

**In warm weather drink more
water and fluids**

**Eat more fruit and vegetables which can
also help with hydration**

**Having Ice-pops and ice cubes can
also help!**









Urine Colour and Bladder Health

If your urine is pale/straw coloured, then this shows that you are hydrated.

If it is darker, then you need to rehydrate – make sure you drink more water.

If you are unsure about the colour, use the urine colour chart for guidance. We have an easyread guide on the website that you can print, laminate and put up in toilets to remind people to check.

This urine colour chart below is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.

<p>1 </p> <p>2 </p> <p>3 </p>	<p>Hydrated</p>	<p>If your urine matches the colours 1, 2 or 3 you are hydrated. Carry on drinking fluids as usual.</p>
<p>4 </p> <p>5 </p> <p>6 </p>	<p>Dehydrated</p>	<p>If your urine matches the colours numbered 4, 5, or 6 then you need to drink more. Drink a glass of water now and increase the amount of fluids.</p>
<p>7 </p> <p>8 </p>	<p>Severely Dehydrated</p>	<p>If your urine colour matches 7 or 8, you need to be rehydrated urgently. Drink plenty of water at hourly intervals and if there is no improvement call the GP.</p>

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins can change the colour of your urine for a few hours, making it yellow or discoloured.