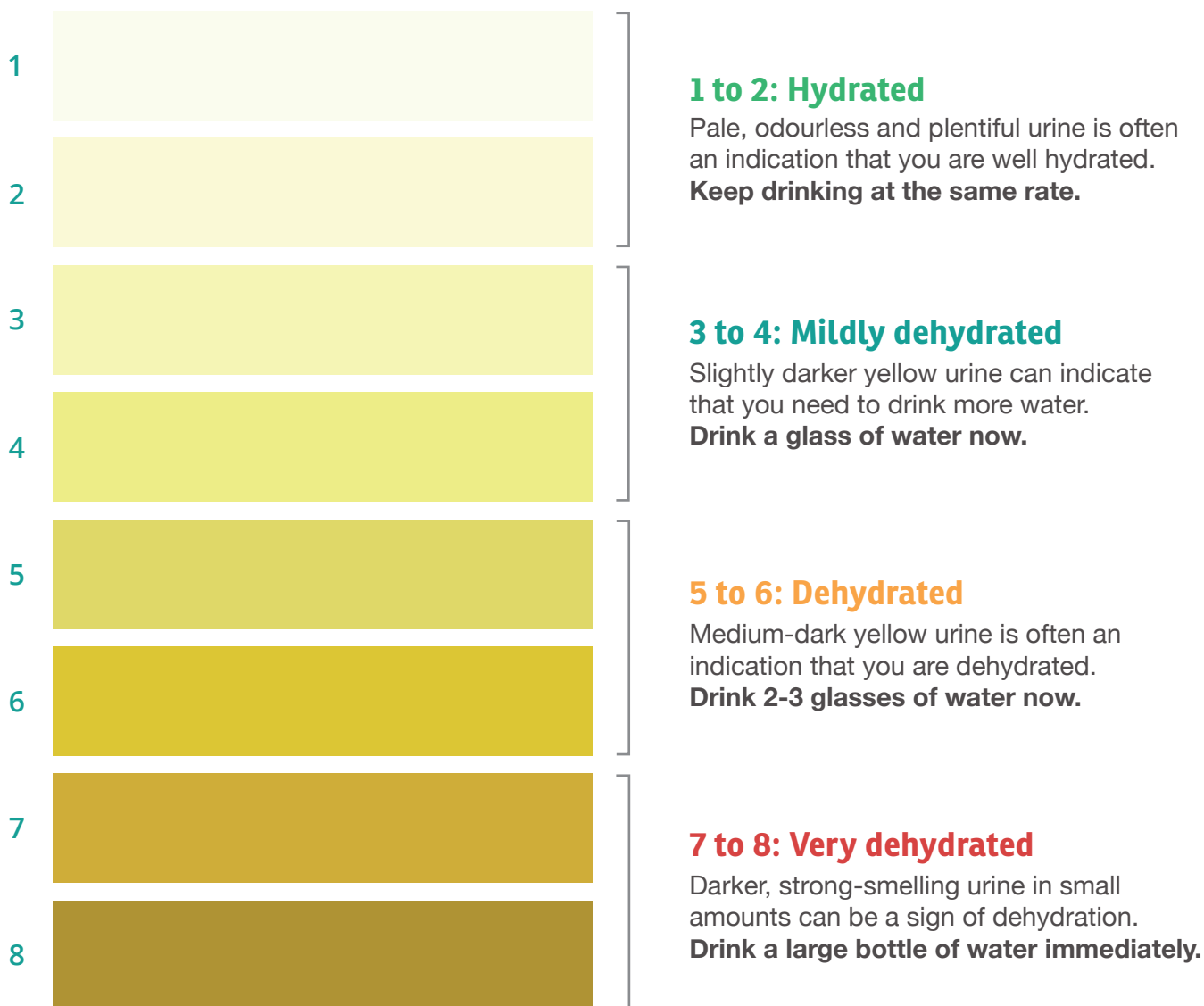




# Am I drinking enough water?

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



## 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.