

Urine Colour Chart



Are You Drinking Enough?



1 to 3 is
normal wee 👍

4 to 8
you must
rehydrate!



That means you need
to drink more water.

If it doesn't become a
better colour then tell
someone as you may
need to see your
doctor.

Find this Tool at

www.hertfordshire.gov.uk/ldmyhealth