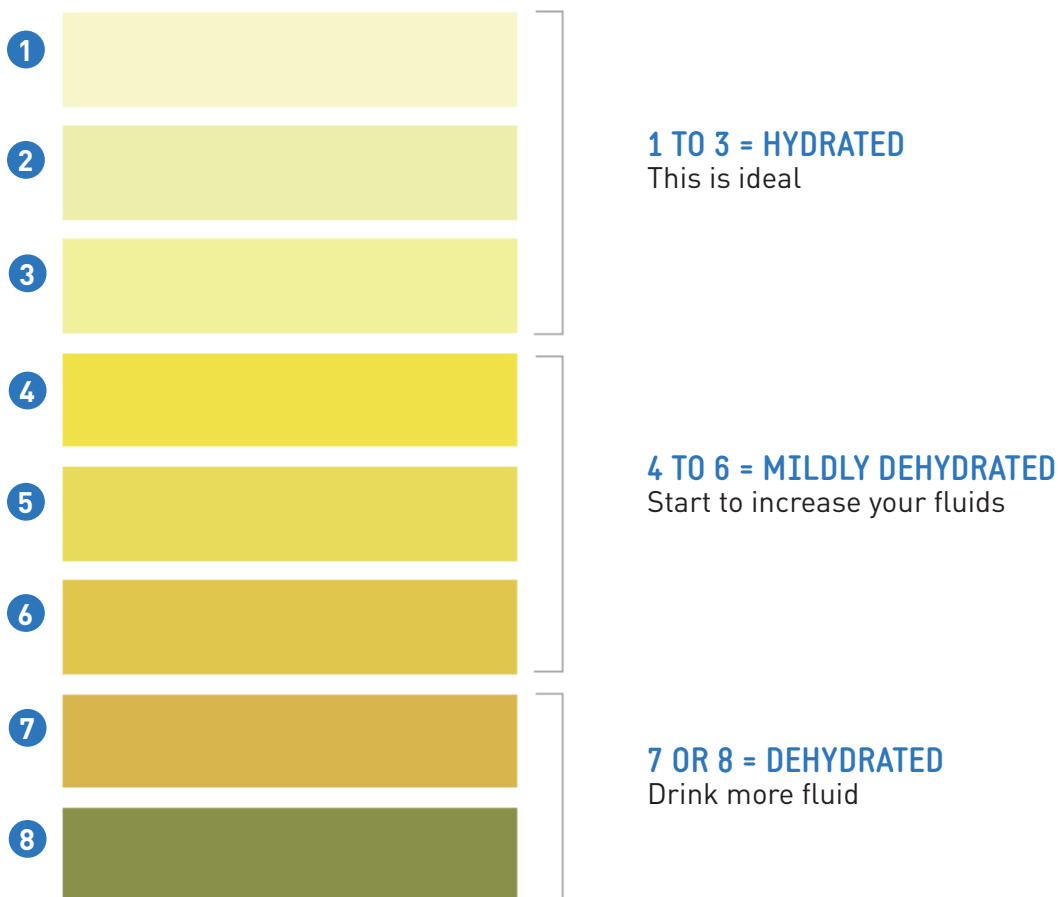




VICTORIAN CONTINENCE RESOURCE CENTRE

Am I hydrated? Urine Colour Chart

Use this simple urine colour chart to assess if you are drinking enough fluids throughout the day to stay hydrated. Match the colour of your urine sample to a colour on the chart.



Note: Use of a urine colour chart is suggested for people with adequate renal function and not by people who wear incontinence pads.

Best results are obtained when the average urine colour baseline is calculated over several days.

The colours you see on this chart should only be used as a guide.

Reference: Armstrong. L., J. Soto, F. Hacker, D. Casa, S. Kavouiras, and C. Maresh. 1998. Urinary indices during dehydration, exercise, and rehydration. *International Journal of Sport & Nutrition* 8: 345-55.

Urine that is plentiful, odourless and pale in colour (pale straw) generally indicates that a person is well **hydrated**.

Dark, strong-smelling urine, (like the colour of apple juice), in small amounts could be a sign of **dehydration**.

Certain foods, medications and vitamin supplements may cause the colour of urine to change even though you are **hydrated**.

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