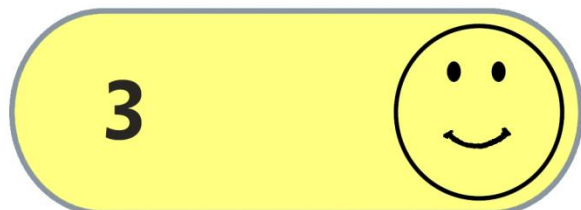
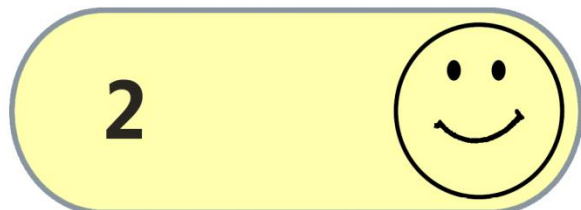


Urine Colour Chart



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