

WHAT YOUR URINE says about your health

BEFORE YOU LEAVE, CHECK OUT YOUR PEE. (NO, REALLY.)

As silly as it sounds, it's important to look at the urine you're leaving behind in your toilet. Sometimes odd colors and smells are just weird side effects of what you ate. Other times, urine color indicates health concerns.

CLEAR

THIS MEANS...

If your first urine of the day is clear, you may be overhydrated. Your first urine should be yellow, a sign you're getting rid of toxins.

YOU SHOULD...

Drink less water if your first urine is clear. The average adult needs 64 ounces of water per day. Too much water affects electrolyte levels and might cause you to feel sick.

TRANSPARENT YELLOW

THIS MEANS...

You're healthy and hydrated!

YOU SHOULD...

Continue your healthy hydration habits.

DARK YELLOW

THIS MEANS...

You're probably still okay, but dehydration is near.

YOU SHOULD...

Drink water every half hour. And here's a hint! Sips of water don't go to your kidneys but instead to other tissues. Drink, don't sip.

ORANGE

THIS MEANS...

You're showing signs of dehydration. However, it could also be a liver condition.

YOU SHOULD...

Start drinking water to see if there's a change. Contact your provider if you continue to have orange urine.

CLOUDY WHITE

THIS MEANS...

Cloudiness may come from blood or pus, or for women, it may be caused by vaginal mucus.

YOU SHOULD...

If you're noticing additional strange symptoms, like itching or soreness, contact your provider. You may have an infection.

FOAM OR FIZZ

THIS MEANS...

Occasional foamy urine isn't concerning. If it happens often, you may have excess protein in your body.

YOU SHOULD...

Talk to your provider about a urinalysis.

BLUE OR GREEN

THIS MEANS...

You have super powers! Just kidding. Sometimes new medications cause odd side effects.

YOU SHOULD...

Talk to your provider about your medications and whether odd urine colors could be a side affect.

PINK OR RED

THIS MEANS...

Rhubarb, beets and blueberries are guilty of causing pink-red urine. Unfortunately, it also could be blood in your urine signaling a health condition.

YOU SHOULD...

If it's not a change in your diet, contact your provider.

MAPLE SYRUP

THIS MEANS...

Two possibilities: You're severely dehydrated or you have liver disease.

YOU SHOULD...

Hydrate with water as soon as possible. Talk to your provider if brown urine continues.

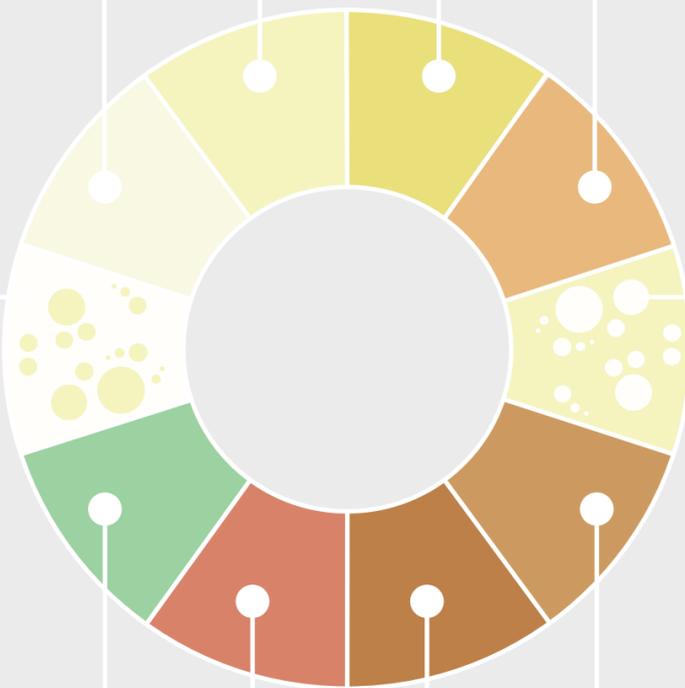
HONEY-BROWN

THIS MEANS...

You're dehydrated.

YOU SHOULD...

Fill up your water bottle and start hydrating!



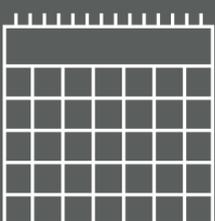
WHAT IS THE BEST WAY TO STAY HYDRATED?

The average adult should drink approximately 64 ounces of water per day to stay hydrated unless requiring a fluid restriction for medical reasons.



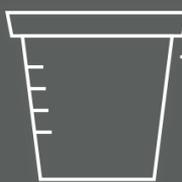
HOW FREQUENTLY SHOULD I BE URINATING?

Healthy individuals urinate 7 times per day (on average). This can healthfully vary anywhere between 4 and 10 times per day.



HOW LONG SHOULD I WAIT BEFORE SEEING MY PROVIDER?

Give yourself one week to see if concerning colors change. Call your provider sooner if you're concerned or experiencing discomfort.



WHAT HAPPENS WHEN I SEE MY PROVIDER FOR URINE CONCERNS?

At your appointment with your provider, you'll have a microscopic urinalysis. You provide a urine sample, which is then examined under a microscope. Microscopic urinalyses see cells from your urinary tract, blood cells, crystals, bacteria, parasites and cells from tumors. Your urine sample helps your provider determine next steps.