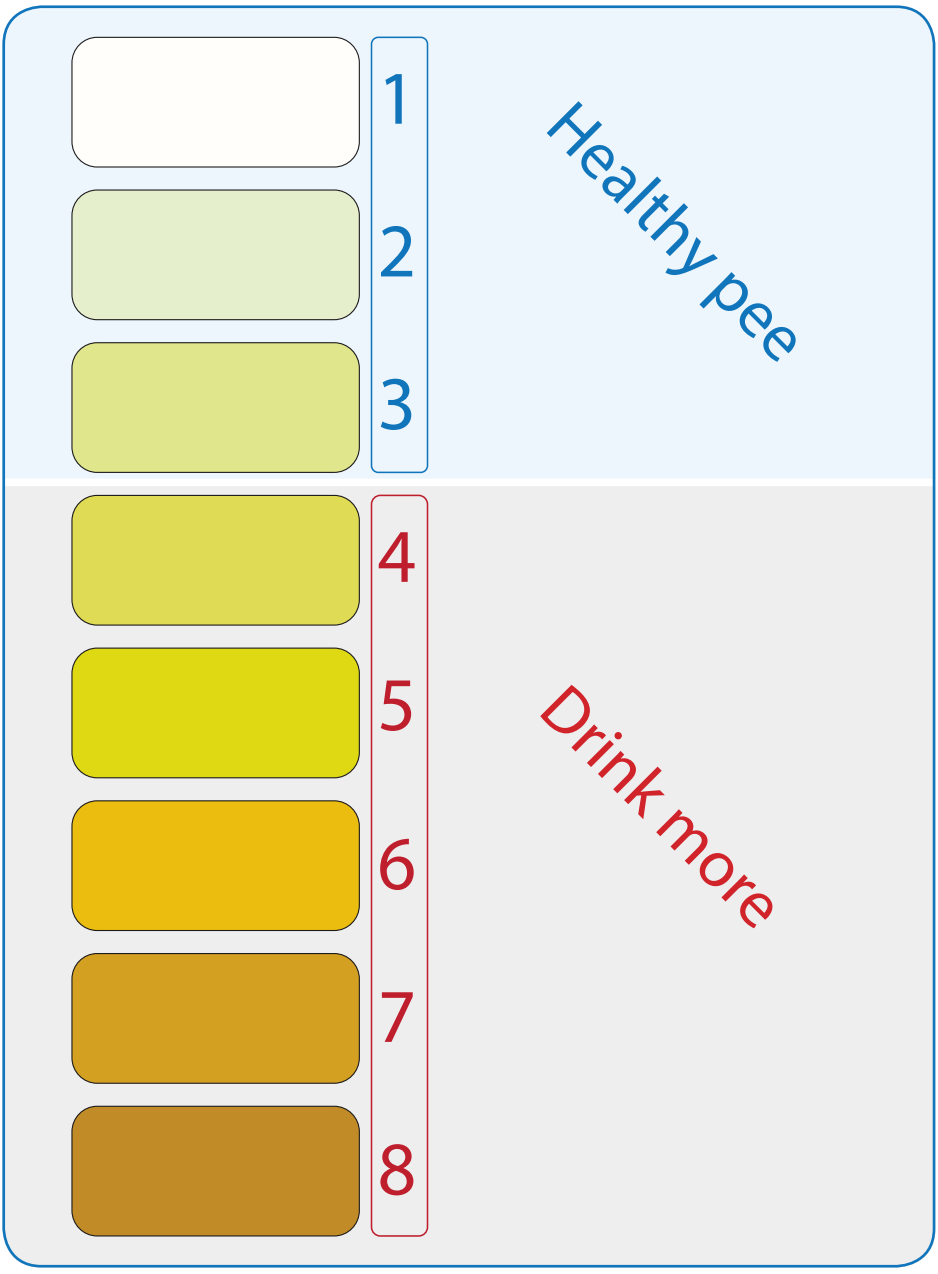
Healthy pee is 1 to 3 …
4 to 8 Must hydrate *

Use this pee colour chart to check for signs of dehydration



Signs that you are not drinking enough:

- Dry mouth
- Thirst
- Headache
- Loose skin
- Dark or strong smelling urine
- Constipation

You should aim to drink 6 to 8 glasses of fluid per day

***Some medicines may affect the colour of your pee. If you are unsure, please ask your pharmacist.**

This poster was originally produced by ARHAI Scotland, an NHS Scotland Assure Service, and has been adapted by the Public Health Agency with permission.

HSC Public Health Agency

11/26