

DRINK UP. LOOK DOWN. STAY HYDRATED.

UNROLL THE TRUTH ABOUT WHAT YOUR URINE COLOR MEANS.



NO COLOR. TRANSPARENT.

You're an overachiever pee-er. You might want to cut back on drinking water.



PALE STRAW COLOR.

You're well-hydrated. Give yourself a pat on the back.



TRANSPARENT YELLOW.

You're normal—well, at least your urine is.



DARK YELLOW.

Normal. But drink some water soon, son.



AMBER OR HONEY.

Your body isn't getting enough water. Drink water now!



SYRUP OR BROWN ALE.

Could be a sign of liver disease or severe dehydration. Drink water now, and see your doctor if it persists.



PINK TO REDDISH.

If you've eaten beets, blueberries or rhubarb, it could be that. If you haven't, it could be something serious. Contact your doctor.



ORANGE.

You're probably either not drinking enough water or it's from food dye. However, it could be a liver or bile duct condition so go ahead and contact your doctor.



BLUE OR GREEN.

Most likely it's from food dye or a medication. If you're sure those aren't the causes, contact your doctor—it could be a bacteria.



FOAMING OR FIZZING.

A harmless hydraulic effect, if occasional. See your doctor if foaming happens all the time—it could be excess protein in your diet or a kidney problem.

IF YOU REACH THIS POINT, "URINE" DANGER OF DEHYDRATING

You can tell a lot from looking at your urine. But you can tell a lot more from the kind of sophisticated urinalysis you could be getting along with a regular physical examination from your doctor. Blood in the urine, a serious sign, is often invisible to the naked eye. The level of sugars in your urine may indicate a risk for diabetes. When you're at your doctor's office, don't be afraid to pee in the cup. It's one of the best things you can do for your health.

**NEED HELP FINDING A PHYSICIAN?
CONTACT EMAC. 866-992-EMAC**

Source: Cleveland Clinic

