Urine colour guide for Care Homes

This poster is designed to help ensure residents are drinking enough fluids regularly. Aim for at least 1500 mls/6-8 glasses a day to stay hydrated, unless fluid restricted. Offer drinks that residents are most likely to finish, all fluids count except alcohol.

Colours 1-3 suggest normal urine

	1. Clear to pale yellow urine suggests that the resident is well hydrated.
	2. Light/transparent yellow urine suggests an ideal level of hydration.
	3. A darker yellow/pale honey coloured urine suggests that the resident may need to hydrate soon.

Colours 4-8 suggest the resident needs to rehydrate

	4. A yellow, cloudier urine colour suggests the resident is ready for a drink.
	5. A darker yellow urine suggests the resident is starting to become dehydrated.
	6. Amber coloured urine is not healthy. The resident requires more liquid. All fluids count (except alcohol).
	7. Orange/yellow urine suggests the resident is becoming severely dehydrated.
	8. If their urine is this dark, darker than this or red/ brown, it may not be due to dehydration. Seek advice from their GP.

Some medical conditions, medications, supplements and foods, can affect the colour of urine.
Using the colour of urine alone is an unreliable indicator of dehydration in older people.

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