Urine may have a variety of colours. It usually ranges from a deep amber or honey colour to a light straw colour with many golden variations in between.

The colour of urine can tell you a lot about your body's state. This chart can be used to help indicate what this means.
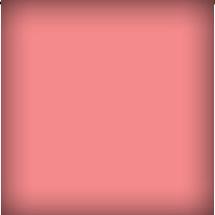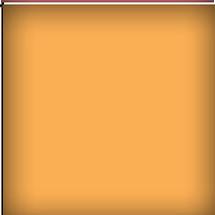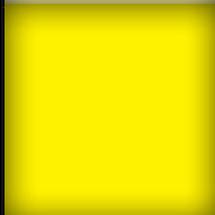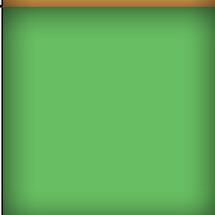
Colour	Indication	Colour	Indication
	No colour/ transparent You're drinking a lot of water. You may want to cut down.		**Syrup or brown ale** You could have liver disease or severe dehydration. Drink water and see your doctor if it persists.
	Pale straw colour You're normal, healthy and well-hydrated.		**Pink to reddish** Have you eaten beetroot, blueberries or rhubarb recently? If not you may have blood in your urine. It could be nothing or it could be a sign of kidney disease, tumours, urinary tract infection, prostrate problems or something else. You should consult your doctor.
	Transparent yellow You're normal.		**Orange** You may not be drinking enough water or you could have a liver or bile duct condition. Or it could be food dye. Consult your doctor.
	Dark yellow Normal. But drink some water soon.		**Blue or green** There is a rare genetic disease that can turn your urine blue or green. Also certain bacteria can infect the urinary tract. But it's probably a dye in something you ate or a medication. See your doctor if it persists.
	Amber or honey Your body isn't getting enough water - drink some now.		**Outside influences** Some medications can change the colour of your urine. Such as, laxatives and chemotherapy drugs which can make your urine darker than normal.
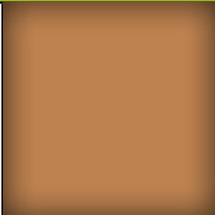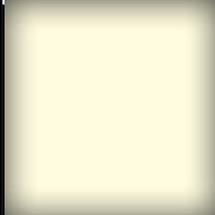
Final word

You can tell a lot from your urine. Your GP can tell a lot more from a physical examination and testing your urine. Blood and sugar in your urine can be invisible and a sign of disease. When you visit your doctor do not be afraid to take a sample.

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