



What does the hue of your urine tell us about you?

Assembled by Heather Shanahan MSPT, OCS

The color and smell of your pee can tell a story about you... Below are a few different explanations for what your urine color means. Urine that is:

- Clear = you may drink too much water or maybe you take a diuretic.
- Bright Yellow/Orange = Say, "hello there" to your vitamins/medicines that are exiting your system. Can also be related to dehydration or liver/bile duct problems.
- Brown = Severe dehydration. It can also indicate a liver dysfunction if you have pale stools, yellow eyes and skin too. Can also indicate that you ate some fava beans, rhubarb or aloe.
- Pink/Red = did you eat some beets or berries? It can also relate to blood in the urine, medications or laxatives. It can be an indicator of possible mercury or lead poisoning too. Consult with your MD if appropriate.
- Cloudy = Do you have a UTI, kidney stones or lymph fluid in the urine? It can look cloudy due protein particles.
- Lavender = No such thing as purple pee...at least that we know of!
- Pale Yellow = you have normal urine. Congrats!
- Blue/Green = did you have some birthday cake with green frosting? This color can also be associated with some rare diseases or can relate to taking certain medication. If you have a urinary tract infection, green pee can be pseudomonas bacteria.
- Foamy = that's not a color, but it can indicate protein in the urine and is commonly caused by diabetes or hypertension.
- Amber = Go drink some water! You are dehydrated, or have excessive caffeine or salt.
- Slight Orange = Yummy. We like carrots too!
- Bizarre colors = Did you start a new medication?

My urine smells...

- Sweet = certain genetic conditions can cause this as well as uncontrolled diabetes.
- Sulfur-Like = did you eat asparagus? Did you know that 50% of people cannot smell asparagus because they don't have the associated gene?
- Ammonia = Usually an indicator of a urinary tract infection

Usually discolored urine is caused by dyes, medications and foods. The urinary system is important because it removes extra water and water soluble wastes including toxins that need to exit the body. So glance at your urine and decide if it is the color you think it should be. For more information or concerns, contact Florida Hospital Pelvic Rehabilitation at 407-303-8280.

Ideas and information from Articles.mercola.com, www.m.webMD.com, www.mayoclinic.org, health.clevelandclinic.org