

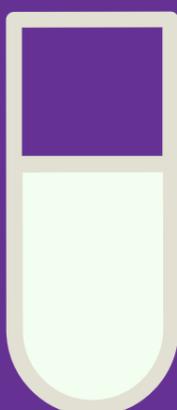
Blood in your pee?

See your GP

We might not give a second thought to our pee when we flush it away but urine can be a useful indicator for aspects of our health. Its colour could be a sign that we need to drink more water to avoid dehydration or seek medical attention for a possible infection.

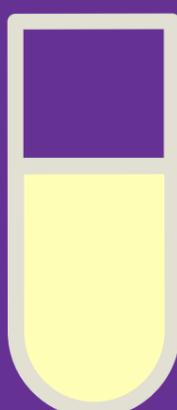
Spotting blood in your pee can be a sign of kidney disease, cystitis, prostate problems or kidney and bladder cancer. The quicker you see your doctor the quicker you can get the treatment you need.

Our guide to pee colour



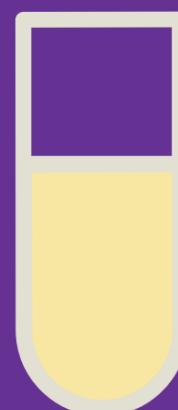
Colourless

You're drinking a lot of water and may want to cut down



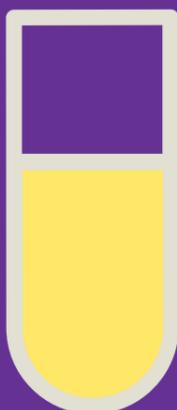
Pale Straw

You're normal and well-hydrated



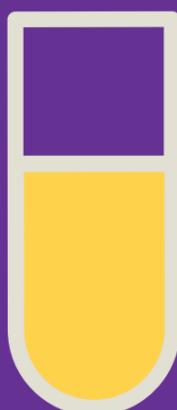
Transparent Yellow

You're normal and hydrated



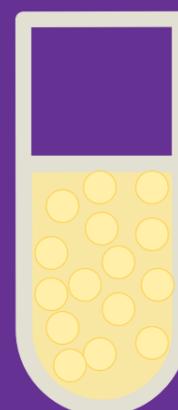
Dark Yellow

Normal, but drink some water soon



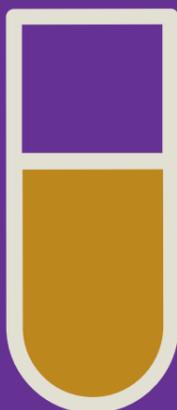
Amber or Honey

Your body isn't hydrated enough. Drink water now.



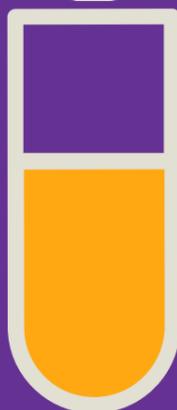
Foaming or Fizzing

If this happens all the time it could indicate excess protein in your diet or a kidney problem so see your doctor.



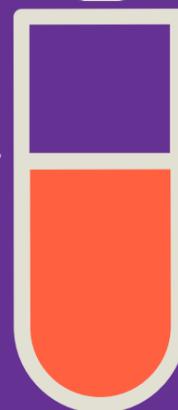
Brown Ale

You could have liver disease or be very dehydrated. Drink water and see your doctor if it persists,



Orange

You may not be drinking enough water or you or it could be a sign of a liver or bile duct condition.



Pink to Redish

Have you eaten beetroot? If not you may have blood in your pee and should see your doctor.

Blood in pee isn't usually caused by anything serious but you must get it checked out by a GP. It could be cancer, which is often easier to treat if found early.

theurologyfoundation.org

The Urology Foundation is a medical charity (no.1128683) working to improve the lives of people with a cancer or condition of the kidneys, bladder or male reproductive organs. We fund research, training and education into all urological conditions and diseases including urinary incontinence and cancers.

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