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**
  - You’re body isn’t hydrated enough. Drink water now.

- **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.

- **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.

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](http://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.