

DO YOU/CAN YOU  
DO THIS?

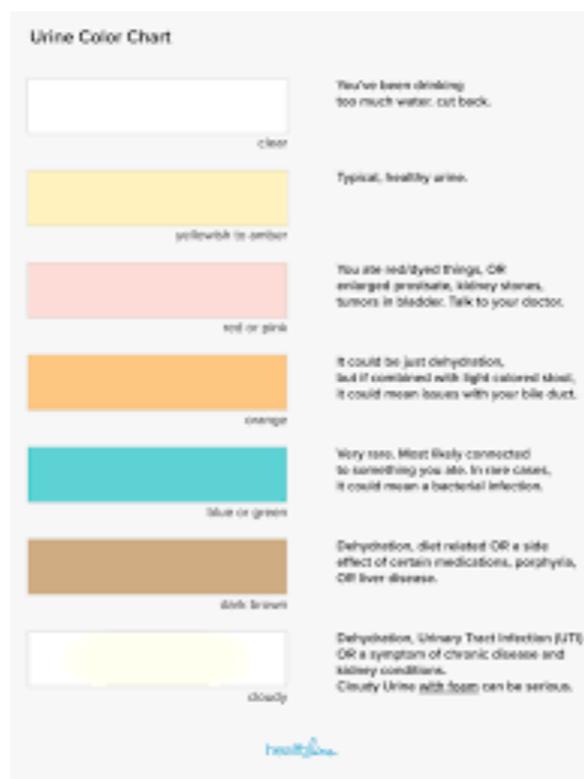
SHORT WELLNESS SELF-CHECKS

# Do you have clear urine?

## Bottom-line:

**When you're staying hydrated, your urine will be a light yellow, close-to-clear color.** In most cases, abnormal urine colors are simply a result of dehydration, something you ate, or a side effect of medications you are taking according to [According to healthline.com](https://www.healthline.com). Urine should resume its typical coloring within two to three days after you notice an unusual color.

If your urine is cloudy, brown, blue, or green and doesn't return to a pale straw color, schedule an appointment to speak with a doctor.



**When you're staying hydrated, your urine will be a light yellow, close-to-clear color. If you're getting dehydrated, you'll notice that your urine is becoming a deep amber or even light brown. Clear urine indicates that you're drinking more than the daily recommended amount of water.** [According to healthline.com](https://www.healthline.com)

being hydrated is a good thing, drinking too much water can rob your body of electrolytes. Urine that occasionally looks clear is no reason to panic, but urine that's always clear could indicate that you need to cut back on how much water you're drinking.

### URINE 101

The color of "typical" urine falls on the spectrum of light yellow to a deeper amber color. The urochrome pigment that's naturally in your urine becomes more diluted as you drink water. Urochrome is produced by your body breaking down hemoglobin, the protein that carries oxygen in your red blood cells. In most situations, the color of your urine will depend on how diluted this pigment is. Having a lot of B-vitamins in your bloodstream can cause urine to appear neon yellow. Cloudy urine can be a sign of a urinary tract infection. It can also be a symptom of some chronic diseases and kidney conditions. In some cases, cloudy urine is another sign of being dehydrated. [See more about urine colors.](#)

According to WebMed pigments and other compounds in certain foods and medications can change your urine color. Beets, berries and fava beans are among the foods most likely to affect the color. Many over-the-counter and prescription medications give urine vivid tones, such as red, yellow or greenish blue. An unusual urine color can be a sign of disease.

Normal urine color varies, depending on how much water you drink. Fluids dilute the yellow pigments in urine, so the more you drink, the clearer your urine looks. When you drink less, the color becomes more concentrated. Severe dehydration can produce urine the color of amber.

Seek medical attention if you have:

- **Visible blood in your urine.** Bloody urine is common in urinary tract infections and kidney stones. These problems usually cause pain. Painless bleeding might signal a more-serious problem, such as cancer.
- **Dark or orange urine.** If your urine is dark or orange — particularly if you also have pale stools and yellow skin and eyes — your liver might be malfunctioning.

[See article here](#)

**Self-checks: Solving problems before they happen.**