

# All you need to know about Urine!

## What is Urine?

Urine is a liquid waste product expelled from the body when you urinate.

## What is Urine Made of?

Urine is mostly water (about 95% water), however, the rest of the contents of urine can vary depending of what you've eaten, drank, breathed in or been exposed to. The remainder of urine usually consists of urea, uric acid, ammonia, hormones, dead blood cells, proteins, salts and minerals, and toxins.

## What colour should urine be?

Urine colour normally ranges between light yellow and dark amber. A change in your urine colour is usually due to something completely normal, but just occasionally it may be a sign that you should seek medical advice. The darker the colour of the urine, the more concentrated it is. Because people tend to sleep for several hours without having a drink, their urine is normally darker when urinating first thing in the morning.

Darker urine during the day or evening may be one of the signs that someone is dehydrated meaning they are not drinking enough fluids. Drinking lots of fluids will make urine lighter.

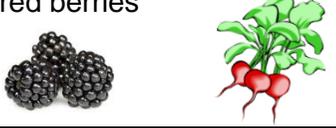
## What affects urine colour?

Eating certain foods can affect the colour of urine though this doesn't happen in everyone. Taking certain medications can also affect the colour of urine. Certain vitamin supplements may also change the urine to a particularly bright colour. These changes are harmless and are due to colours in the food, supplements or medication. How much the colour of your urine changes will depend on how much food you eat or supplements or medication you take, how hydrated you are and on your own body chemistry.



Sometimes a change in urine colour is an indication of a medical problem such as a urinary tract infection, or kidney, bladder or liver problem.

## These are some of the foods that may change the colour of urine:

<b>Dark yellow /orange</b>	Carrots 
<b>Green</b>	Asparagus 
<b>Pink or red</b>	Beetroot, Blackberries, Rhubarb, dark red berries 
<b>Brown</b>	Fava beans / Broad beans, Rhubarb 
<b>Orange</b>	Rhubarb 

## These are some medicines that may have an effect on urine colour\*:

NAME OF MEDICATION	URINE COLOUR
<b>Apixaban</b>	If the urine is very dark, this may be because of blood in the urine. Notify the patient's GP immediately.
<b>Aspirin</b>	If the urine is very dark, this may be because of blood in the urine. Notify the patient's GP immediately.
<b>Bismuth</b> e.g. Pepto-bismol®	Dark yellow-Brown (stools may darken or even be black in colour also)

<b>Chloroquine</b>	Brown
<b>Clofazimine</b>	Red
<b>Co-trimoxazole</b>	Brown, Red or cloudiness in urine – seek medical advice as may be blood in urine.
<b>Dabigatran</b>	If the urine is very dark or red, this may be because of blood in the urine. Notify the patient's GP immediately.
<b>Dantron containing preparations</b> e.g. co-danthramer, co-danthrusate	Red
<b>Deferiprone</b>	Reddish-brown
<b>Entacapone</b>	Reddish-brown
<b>Ferrous sulphate, ferrous gluconate, ferrous fumarate</b>	Brown
<b>Heparin</b>	If the urine is very dark or red, this may be because of blood in the urine. Notify the patient's GP immediately.
<b>Ibuprofen</b>	If the urine is very dark or red, this may be because of blood in the urine. Notify the patient's GP immediately.
<b>Levodopa containing preparations</b> e.g. co-beneldopa, co-careldopa	Reddish/brown or darker in colour
<b>Methocarbamol</b>	Darker urine colour – Brown or Blue-green colour
<b>Methyldopa</b>	Brown or darker urine colour

<b>Metronidazole</b>	Dark yellow – Brown (darkens urine)
<b>Nefopam</b>	Pink
<b>Nitrofurantoin</b>	Dark yellow- brown
<b>Paludrine</b>	If the urine is very dark or red, this may be because of blood in the urine. Notify the patient's GP immediately.
<b>Phenindione</b>	Urine may turn Pink or orange. Dark red/brown coloured urine could be due to bleeding in bladder or kidneys – seek medical advice.
<b>Quinine</b>	May decrease quantity of urine produced so urine may be darker: Dark yellow-Brown
<b>Rifabutin</b>	Yellow/Orange/Red
<b>Rifampicin</b>	Yellow/Brown (darker urine colour)
<b>Rivaroxaban</b>	If the urine is very dark or red, this may be because of blood in the urine. Notify the patient's GP immediately.
<b>Senna</b>	Urine may appear yellow or red-brown
<b>Sulfasalazine</b>	Yellow-orange, Yellow-green
<b>Triamterene containing preparations</b> e.g. co-triamterzide, Frusene®	Urine may look slightly blue in colour
<b>Warfarin</b>	If the urine is very dark, brown or red, this may be because of blood in the urine. Notify the patient's GP immediately.

\*Various resources used including BNF Nov 2017 and Medicines compendium (<https://www.medicines.org.uk/emc/>).