**Let’s Talk Hydration Levels**

How hydrated is your patient?

**Note:** some foods, vitamins and some medication can change the colour of urine. Also, be aware if your patient is on a fluid restriction for heart failure

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|  | **Hydrated** | If the colour of your patient’s  urine matches 1, 2 or 3,  they are properly hydrated |
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|  | **Dehydrated** | Healthy pee is 1-3; 4-8 you must hydrate!  If the colour of your patient’s  urine matches 4, 5 or 6, they need  to drink more |
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|  | **Severely Dehydrated** | If the colour of your patient’s urine matches  7 or 8, speak to a Doctor  – the patient needs to be rehydrated |
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