Am I Drinking Enough Water?

**URINE COLOR CHART**

1. If your urine matches the colors 1, 2 or 3, you are properly hydrated. Continue to consume fluids at the recommended amounts.

2. If your urine color is below the RED line, you are DEHYDRATED and at risk for cramping and/or a heat illness! YOU NEED TO DRINK MORE WATER!

3. If your urine matches the colors 7 or 8, you are severely dehydrated. YOU SHOULD NOTIFY MEDICAL STAFF IMMEDIATELY!

4. Symptoms of severe dehydration include very little, dark, cloudy urine.

For more information, please contact North Oaks Sports Medicine.

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