



# 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 about 95% water the rest of the contents vary depending on 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 ranges between light yellow and dark amber. A change in urine

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 urine. Stools may also darken or even be black in colour.
<b>Chloroquine</b>	Brown
<b>Clofazimine</b>	Red
<b>Co-trimoxazole</b>	Brown, red or cloudiness in urine. This may be because of blood in the urine. Notify the patient's GP immediately.
<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.

colour is usually completely normal, but occasionally it may be a sign that you should seek medical advice. The darker the urine, the more concentrated it is. As 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 indicate someone is **dehydrated** meaning they are not drinking enough fluids. Drinking more fluids will make urine lighter.

## What affects urine colour?

Urine colour can be affected by:

- Eating certain foods

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- Taking certain medications
- Taking certain vitamins

These colour changes are harmless and do not happen to everyone. They occur due to colours in the food, medications and vitamins. 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.



**Foods that *may* change the colour of urine:**

Please note, these foods should not be avoided and may be eaten as part of a healthy diet. They may affect urine colour if eaten in large amounts.

<b>Foods</b>	<b>Urine colour may change to:</b>
Beetroot, Blackberries, Rhubarb, Dark red berries	Pink or Red
Carrots	Dark Yellow/Orange
Rhubarb	Orange
Asparagus	Green
Fava Beans, Broad beans Rhubarb	Brown

**Medicines that *may* have an effect on urine colour:**

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<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>	Yellow/Brown (darker urine colour)
<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, orange or dark red/brown. This may be because of blood in the urine. Notify the patient's GP immediately.
<b>Primaquine</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>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 appear slightly blue in colour

\*Various resources used including BNF September 2023 and Medicines compendium (<https://www.medicines.org.uk/emc/>).

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