

THE PEE CHECKER

Take control. Check your urine. Seek help early!

It's time to get to know what your pee is trying to tell you.

Your urine reveals important clues about your health.

This simple tool will guide you through what to look for and takes **no longer than the time it takes to pee!**

Most changes to your pee are harmless and may simply need a small adjustment, such as drinking a little more water.

However, some changes can be an early sign that something isn't right.

Taking a minute to check your pee could help you spot problems early.

TAKE A MINUTE TO CHECK THE 4 Ps!

- **PRESENTATION**
- **PAIN**
- **PATTERN**
- **PASSING**



P - PRESENTATION



What does your pee look like?

✓ Pale straw is the ideal colour.

Ask yourself:

- Has the colour changed?
- Is it cloudy?
- Is there blood?
- Has the smell changed?

Colour changes are often caused by hydration, food or medicines. Persistent changes should be checked with your healthcare professional.



1. Pale straw

This is the ideal colour. Your kidneys are doing an ideal job of balancing your body's fluids.
What should I do? Keep doing what you are doing!



2. Light yellow

Urine naturally varies throughout the day depending on what you have had to drink.
What should I do? Nothing to worry about, continue to drink regularly.



3. Dark yellow

Your urine is a little concentrated. You could do with a little more fluid.
What should I do? Have a drink of water and check it later.



4. Amber

You may be a bit dehydrated, particularly after exercise, hot weather or illness.
What should I do? Increase your fluids over the next few hours and aim for pale straw colour.



5. Orange

Sometimes caused by medicines, vitamins or dehydration.
What should I do? Drink a little more and keep an eye on it. If the colour persists or you feel unwell, seek medical advice.



6. Brown

Can be caused by dehydration, some medicines, blood or an underlying medical condition.
What should I do? Drink a little more if you think you may be dehydrated. If the colour doesn't return to normal, or you feel unwell, seek medical advice promptly.



7. Pink/Red

Pink or Red urine may be caused by blood in the urine. Occasionally, some foods or medicines can also change the colour of urine.
What should I do? If you notice red or pink urine and you're unsure why, don't ignore it. Contact your healthcare professional as soon as possible.



8. Completely clear

Completely clear urine isn't the goal. If it's occasionally colourless after drinking lots it's usually nothing to worry about.
What should I do? Keep an eye on your fluid intake. If your pee is consistently colourless, even when you're not drinking lots of fluids, speak to your GP.



9. Cloudy urine

Can be a sign of infection.
What should I do? While it's not always a sign of infection, if it persists or is accompanied by pain, burning, urgency, fever or you feel unwell, seek medical advice.



10. Changes in smell

Your pee can smell different after eating certain foods (like asparagus or fish), taking vitamins, medicines or if you are dehydrated. A change in smell on its own is not usually a sign of infection.
What should I do? Drink a little more and keep an eye on it.

Many colour changes settle once you're well hydrated.

BEFORE YOU WORRY

Urine colour can change because of:

- How much you have had to drink
- Exercise
- Hot weather
- Foods e.g. Beetroot
- Vitamins and medicines

SEEK MEDICAL ADVICE IF

- Your pee remains unusually dark despite drinking enough
- You notice persistent changes in colour of your pee
- You see blood in your pee
- You have pain when peeing, a fever, chills or feel unwell.



P - PAIN



Does it hurt to pee?

Passing urine shouldn't normally be painful.

Look out for:

- Burning or stinging
- Pain when passing urine
- Pain in your lower tummy
- Pain in your side or back

Pain can be a sign of infection, stones or other urinary conditions. If you're experiencing pain when peeing, speak to your healthcare professional.

P - PATTERN



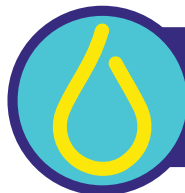
Has your usual routine changed?

Everyone's bladder is different. But changes could include:

- Going more often
- Rushing to the toilet
- Getting up more at night to pee
- Leaking urine
- Passing much smaller amounts

Know what's normal for you. Persistent changes should be discussed with a healthcare professional.

P - PASSING



Is your bladder emptying properly?

Ask yourself:

- Is the flow weaker?
- Does it take longer to start?
- Do you need to strain?
- Does your bladder still feel full afterwards?
- Has your stream changed?

Persistent changes are worth discussing with a healthcare professional.

THE HEALTHY PEE CHECKLIST

- ✓ Pale straw or light yellow
- ✓ No blood
- ✓ No pain

- ✓ Passing comfortably
- ✓ Your usual bladder pattern

SYMPTOMS YOU SHOULD NEVER IGNORE



Blood in your urine
You cannot pass urine
Fever, chills or feeling very unwell with urinary symptoms
Severe pain in your side or back
Always seek prompt medical advice if you notice these symptoms.

REMEMBER!

PRESENTATION

Look before you flush

PAIN

Passing urine shouldn't hurt

PATTERN

Know what's normal for you

PASSING

Your bladder should empty comfortably

Know your normal. If something changes, seek help early.

WORTH ITS WEIGHT IN GOLD

Urine isn't waste. It's wisdom

THE UROLOGY FOUNDATION