

# Urine Color

## What You Should Know

*Urology Care*  
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*The Official Foundation of the  
American Urological Association*

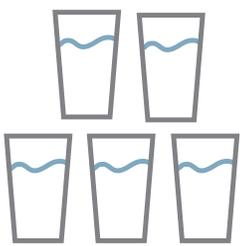
### The Meaning Behind the Color of Urine

As a general rule of thumb, it is usually a good sign for your health when the color of your urine is a pale shade of yellow. If you have urine that resembles another color, you should be aware that this is not normal. The color of your urine can change for many reasons. These can range from the food you eat, to the medicines you take, to certain medical conditions.

#### The more water you drink, the clearer your urine looks.

When your urine appears as a darker shade of yellow, or even brown, it could be a sign that you have low urine

volume. Low urine volume may come from dehydration (loss of body fluids) from hard exercise, working or living in a hot place, or not drinking enough fluids. When urine volume is low, urine is concentrated and dark in color. A major risk factor for kidney stones is constant low urine volume. Amber or honey colored urine may also mean you are not drinking enough water. If your urine has no color at all, you are most likely drinking a lot of water. You may want to cut back on the amount of water you are taking in until your urine appears as a pale or transparent shade of yellow. Certain types of medications, known as diuretics, may also cause your urine to have no color.



Normal urine color is usually clear or pale yellow.

Dark yellow urine can be normal, but it might mean you need more fluids.

Amber or honey colored urine means you aren't drinking enough water.

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### Can Some Foods Change Urine Color?

Yes, some foods can change the color of your urine. For example, beets, blackberries and rhubarb can turn your urine red or pink. Eating large amounts of fava beans can cause dark brown urine. Eating foods with a lot of food dye can lead to blue or green urine.



Beets, blackberries and rhubarb can turn your urine **red or pink**.



Eating large amounts of fava beans can cause **dark brown** urine.



Eating foods with a lot of food dye can lead to **blue or green** urine.

### Do Some Medicines Change Urine Color?

There are also some medicines that can change your urine color, these include:



Phenazopyridine, a drug that numbs urinary tract discomfort, and laxatives containing senna can turn your urine **reddish orange**.



The anti-inflammatory drug sulfasalazine, phenazopyridine, some laxatives and certain chemotherapy drugs might cause your urine color to be **orange**.



The antidepressant amitriptyline, the pain reliever indomethacin and the anesthetic propofol may turn your urine **blue or green**.

### When Should I Tell the Doctor about my Urine Color?

Call your doctor if you see a change in your urine that does not seem linked to a new medicine you are taking or a recent meal, especially if the change lasts more than a day or so.



Blood in the urine warrants further investigation as it could be a sign of a urinary tract infection, kidney stones or urinary tract cancer. See a doctor if your urine contains **blood or is dark**.



A sign of a liver problem may be noticed by the color of urine. See a doctor if your urine is **dark or orange**.



A bacterial infection in the urinary tract may be shown by the color of urine. See a doctor if your urine is **green**.

### About the Urology Care Foundation

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, [UrologyHealth.org/UrologicConditions](https://UrologyHealth.org/UrologicConditions) or go to [UrologyHealth.org/FindAUrologist](https://UrologyHealth.org/FindAUrologist) to find a doctor near you.

### Disclaimer

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For copies of printed materials about Prostate Cancer and other urologic conditions, visit [UrologyHealth.org/Download](https://UrologyHealth.org/Download) or call 800-828-7866.

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