










Let's Talk Hydration Levels

How hydrated is your patient?

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