What colour is your wee?

Dehydration can reduce the flow of blood to the kidneys causing acute kidney injury and infection. In the UK, up to 100,000 deaths a year are associated with acute kidney injury, of which up to a third of those deaths could be avoided (*NHSE 2017)

Keep yourself well and stay hydrated

1, 2, 3 is healthy wee

4 to 8 you must hydrate
Or face the risk of urine infection and sepsis


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