



## Does your urine look like this?



If so, you need to drink more to keep your kidneys safe.  
Healthy pee is 1 to 3, 4 to 8 you must hydrate.

Find out more at [www.thinkkidneys.nhs.uk](http://www.thinkkidneys.nhs.uk)

# ‘THINK KIDNEYS’

Visit [www.thinkkidneys.nhs.uk](http://www.thinkkidneys.nhs.uk)  
Or talk to your GP or pharmacist to find out more

‘THINK  
KIDNEYS’

**NHS**



Think Kidneys is a national programme led by  
NHS England in partnership with UK Renal Registry