

Hydration Assessment

Pediatric Urine Color Reference Guide

Optimal Well hydrated. Keep it up.

Good Normal hydration level.

Fair Drink a small glass of water now.

Mildly Dehydrated Increase fluid intake immediately.

Dehydrated Drink significant fluids now.

Severely Dehydrated Urgent hydration needed. Consult doctor.

Note: Certain vitamins and medications may affect urine color. This is a general guide only.