What Your Pee is Trying to Tell You

Your urine can reveal a lot about the status of your body.

There could be many reasons behind the change in color in your urine, and the culprit might be food or medication.

Don’t panic. If in doubt, check with your provider or make an initial appointment with a nurse on campus in Counseling & Health 920-465-2380.

When to a see provider:
• If the color lasts longer than a couple of days
• You see blood in your urine

Questions your provider is going to ask:
• When did it start?
• What’s the color?

Sources:
University of Maryland Medical Center umm.edu/health/medical/ency/articles/urine-abnormal-color

Disclaimer: The content in this infographic is for general information only. It should not substitute the advice of a certified medical professional. Always consult your doctor if you have any concerns regarding your health.