

# Take a wee look.

**Your urine holds the clues.** The colour of your urine or changes in its appearance could be signs of kidney problems.

IDEAL COLOUR

Urine should be a straw-like colour or paler.

Frothy urine (lots of bubbles), could be a sign of protein in your urine which can be an early sign of kidney disease.

CONTACT YOUR GP

A red or pink colour could be blood in your urine.

Dehydration can lead to kidney problems. Make sure you're staying hydrated.

DRINK MORE WATER

Diabetes, high blood pressure and cardiovascular disease are leading causes of kidney disease.



SCAN ME

Take your **FREE** kidney health check online today at:  
[www.takeaweelook.org](http://www.takeaweelook.org)



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