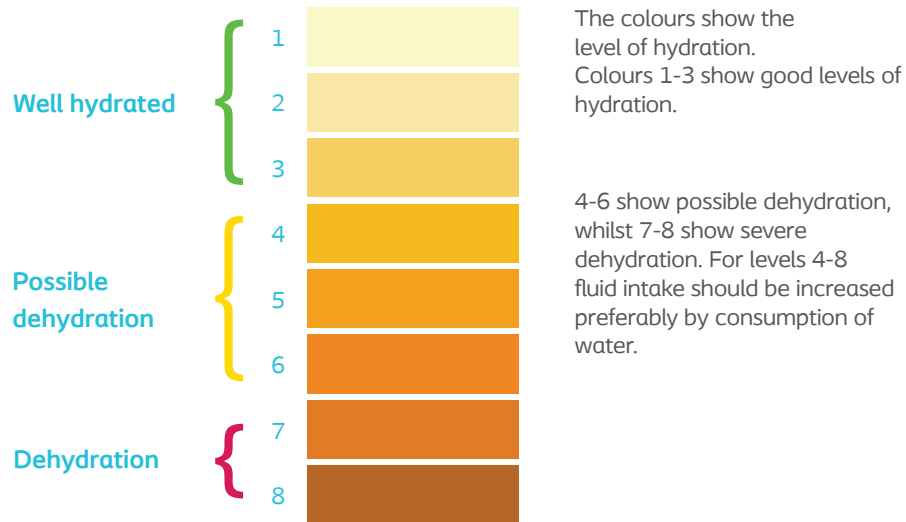


Am I hydrated? urine colour chart*



* Source: 'Am I Hydrated Colour chart' adapted by A Yates / Coloplast 2017