

Smelly urine

Smelly pee (urine) on its own is not usually a cause for concern. There are often things you can do to help your pee return to normal.

Common causes of smelly pee

Pee is usually clear or pale yellow, with a mild smell.

Common things that can make your pee smell stronger include:

- certain types of food and drink, like asparagus or coffee
- not drinking enough fluids
- some medicines
- vitamin B6 supplements

Things you can do yourself

Try these things to help keep your pee clear and smelling mild.

Do

- ✓ drink plenty of fluids, particularly water – so that you regularly pee during the day and do not feel thirsty
- ✓ drink more in hot weather and when exercising

Don't

- ✗ do not drink a lot of sugary fizzy drinks, coffee or alcohol
- ✗ do not eat a lot of garlic or asparagus – they contain strong-smelling chemicals that can

pass into your pee

✗ do not take more than 10mg of vitamin B6 a day

Contact your GP if you have smelly pee and:

- you need to pee suddenly, more often than usual or during the night
- you have pain or a burning sensation when peeing
- your pee looks cloudy

Less common causes of smelly pee

Other symptoms you have might give you an idea of what's causing your pee to smell. But do not self-diagnose – always see a GP.

| | |
|----------------|--|
| Symptoms | Feeling very thirsty and tired, peeing more than usual, sweet-smelling pee |
| Possible cause | type 2 diabetes |
| Symptoms | Pain in the side of your tummy (abdomen) or groin, severe pain that comes and goes, feeling sick or being sick, blood in pee |
| Possible cause | kidney stones |
| Symptoms | Yellow skin and eyes (jaundice), tummy pain, feeling sick or being sick |
| Possible cause | liver failure |

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