

## **What Is Normal Daily Urine Output?**

As outlined above, urine output varies according to salt, sugar, food chemical intake, climate, and physical activity. Based on these factors, the average urine output can range from 800-2,000 milliliters/day. The desire to empty the bladder occurs when there are 250-300 milliliters of urine in the bladder. The average frequency of voiding urine is 4-5 times/day.

Low urine output—urine frequency of fewer than 2-3 times/ day with dark-colored urine is considered a dehydrated state. When the urine output decreases to 500 milliliters or less in 24 hours, one is deemed to be in critical dehydration state, which requires urgent intervention. Medical attention will be necessary if the urine output does not improve with drinking water.