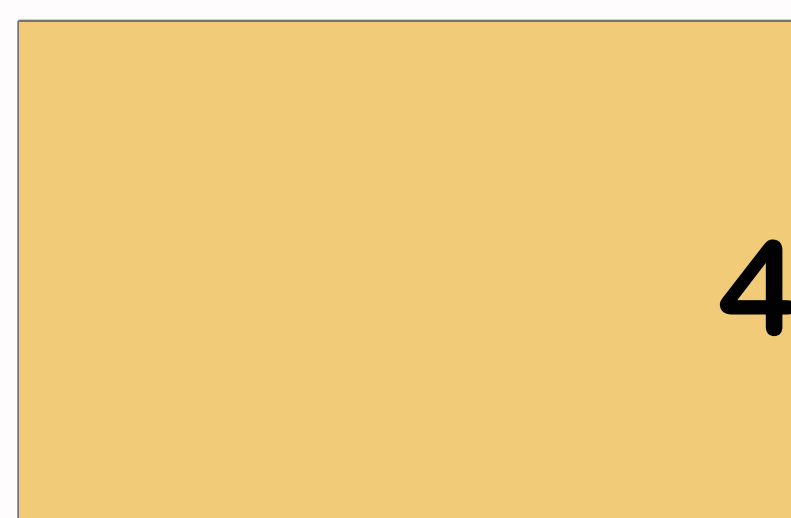
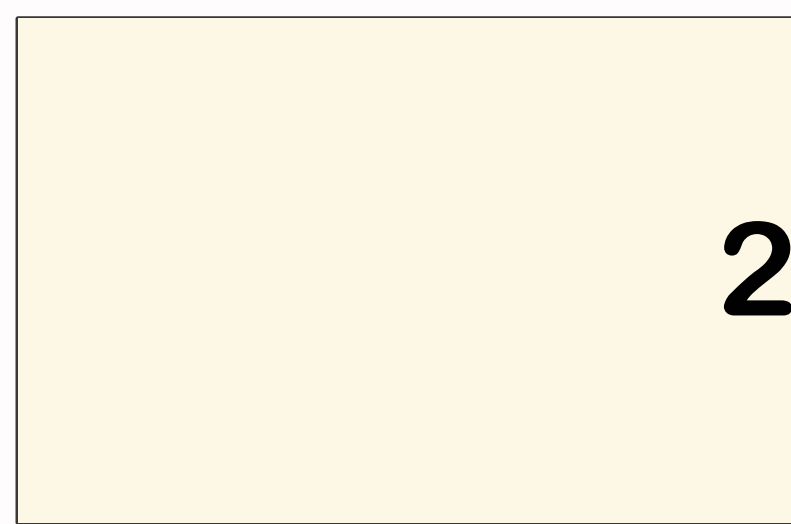


# How much milk did your baby drink?

## Ashiyama Uriscale

Before 3 minutes have passed after your baby pees, the color that predominates when they urinate on a white cloth diaper tells you how much milk they have drunk. The Uriscale is used in babies who are exclusively breastfed and older than 3 days of life.

### Color and score



### Interpret the color according to your baby's

If your baby looks healthy and, when awake, looks active, this urine color tells us that he/she has received **PLENTY** of breast milk.

If your baby looks healthy and, when awake, looks active, this urine color tells us that he/she has received **ENOUGH** breast milk.

If your baby is a bit fussy or very sleepy, this urine color tells us that he/she has received **LITTLE** milk. You should breastfeed more often and repeat this evaluation in 2 hrs; if your baby stays the same or gets worse, seek help.

If your baby is fussy or very sleepy, this urine color tells us that he/she has received **VERY LITTLE** breast milk. You should seek health care right now.

If your baby's urine is this color, he/she has received **ALMOST NO** breast milk, is in danger, and you must seek emergency medical care.

Do not use the Uriscale to evaluate:

- \* The first urine of the morning.
- \* A disposable diaper or a diaper with stool.

Use good lighting.



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