

Cloudy Urine

Vs.

Foamy Urine



Causes

- **Cloudy urine:** Immune cells in urine.
- **Foamy urine:** Proteins in urine.

Color

- **Cloudy urine:** Milky or hazy color.
- **Foamy urine:** Colorless or pale yellow with layers of bubbles or foams.



Risk factors

- **Cloudy urine:** Diet, infections, kidney diseases, dehydration.
- **Foamy urine:** Kidney diseases with proteinuria, diabetes, lupus.

Odor

- **Cloudy urine:** May have a strong odor depending on diet and other causes.
- **Foamy urine:** Odor may depend on underlying causes and hydration.



References:

1. Cloudy Urine; Cleveland Clinic
2. Foamy Urine: What's Normal, What's Not; Northwestern Medicine