

Istinjaa

Do's

1. Recite the masnoon Du'aa BEFORE entering the washroom

بِسْمِ اللَّهِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

"In the name of Allah, O Allah. I seek refuge in You from the male & female unclean Jinns" (Mishkat, Hisnul Hasin)

2. Step into the washroom with the left foot first

3. Relieve yourself sitting down

4. Use the left hand to clean yourself

5. Remove all impurities from the body and then wash your hands

6. Leave the washroom with the right foot first

7. Recite the masnoon Du'aa once you have left the washroom

غُفْرَانَكَ. الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

"(O Allah) I seek forgiveness from You. All Praise is due for Allah, who removed the harmful thing from me and gave me ease (relief)" (Mishkat)

Don'ts

1. Do not relieve yourself facing the Qiblah (direction of Kaabah) or with your back towards it

2. Do not talk with anyone whilst relieving yourself

3. Do not touch or clean the private parts with the right hand

4. Do not urinate in still water, a bathtub or shower cubicle

