

Etiquette and Cleaning after Relieving Oneself

❖ الاستنجاء (Al-istinjaa):

❖ الاستجمار (Al-istijmaar):

❖ Upon entering the bathroom, it is recommended to step in with the left foot first and to say (Before entering):

بِسْمِ اللَّهِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبَيْثِ وَالْخَبَائِثِ

“Bismillahi Allaahumma Inee a’oothu bika minal-khubthi walkhabaa’ith.”

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- ❖ Upon leaving the bathroom, it is recommended to step out with the right foot first and to say:

“عُفْرَانَاكَ” (Ghufraanaka)

“الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي”

**“Al-hamdu lillaah-illadhee adhhaba annee
al-adha wa ‘aafaanee”**

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- ❖ In a case where one must answer the call of nature out of doors, it is strongly recommended for one to do so away from people. And it is prohibited to face or turn one's back towards the **Qiblah**.
- ❖ One should avoid speaking in the bathroom and not touch or clean the private part with the right hand.
- ❖ It is recommended for one to lean on the left leg while relieving him/herself (i.e. the left thigh).

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- ❖ It is dislike to enter the bathroom with anything containing the name of Allah, unless there's strong need to do so.
- ❖ It is forbidden to urinate or defecate in the roadways, or any place that will bring discomfort or harm to others.
- ❖ **Note:** To urinate while sitting is most desirable, but to do standing is permissible. However, one should make sure that no impurities touches his clothes.