

## 15 Sunnan of relieving one's self

### 1. Relieve yourself in a private area

*When the Messenger of Allah would go to relieve himself, he would go so far that no-one could see him.*

### 2. Relieve Yourself First

*The Messenger of Allah ﷺ said 'When the time for prayer comes and one of you needs to relieve himself, he should do that first.'*

*It is Makrooh-e-Tehrimi to hold urine/wind or the need to go to the toilet. One should relieve themselves to avoid any distraction in the prayer.*

### 3. Wear shoes

### 4. Cover your head

*When the Messenger of Allah ﷺ entered the toilet, he would put on his shoes and cover his head.*

### 5. Dua before entering the place of excrement

*The Messenger of Allah ﷺ said: "These toilets are visited (by jinn), so when any one of you goes to the toilet, let him say,*

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

*'Allah-humma inni a'oodhu bika min al-khubthi wa'l-khabaa'ith'"*

*O Allah, I seek refuge with You from evil and from the male and female devils [Ibn Maajah]*

### 6. Enter with the Left foot

*The Messenger of Allah ﷺ would enter the toilet with his left foot and exit with the right foot.*

### 7. When to remove clothing

*When the Messenger of Allah ﷺ would go to relieve himself, he would not remove the clothing from his body until he was close to the ground. [Tirmidhi]*

### 8. Don't face the Qibla

*The Messenger of Allah ﷺ said: "When any one of you sits down to answer the call of nature, he should not face the qiblah or turn his back towards it." [Muslim]*

### 9. Don't conversate whilst relieving yourself

*"Allah detests it when two people relieve themselves uncovered and have a conversation." [Abu Dawud]*

### 10. Use the left hand

*The Messenger of Allah ﷺ said: "When any one of you urinates, he should not hold his penis in his right hand or clean it with his right hand; and (when drinking), he should not breathe into the vessel." [Bukhari]*

## 11. Urinating in The Bath

*“The Messenger of Allah forbade urinating at the place where one takes a bath.” [Tirmidhi]*

## 12. Avoid splashes from urinating

*Ibn ‘Abbas رضي الله عنه said: The Messenger of Allah (peace and blessings of Allah be upon him) passed by two graves and said, “They are being punished, but they are not being punished for anything that was difficult to avoid. One of them used to walk about spreading malicious gossip (nameemah)(some narrations say gheeba), and the other used not to take precautions to avoid getting urine on himself when he urinated.” Then he called for a green branch, which he split in two and planted a piece on each grave, and said, “May their torment be reduced so long as these do not dry out.” [Bukhaari and Muslim]*

## 13. Use an order number of cleaning material

*The Messenger of Allah ﷺ said: “When anyone of you cleans himself (with stones or similar material) let him use an odd number.” [Ahmad]*

## 14. Cleansing with Water

*It is permissible to use just stones or tissue, but it is preferable to use water. Anas ibn Malik رضي الله عنه said: “The Messenger of Allah ﷺ used to enter the washroom and I and another young boy like me would bring a leather vessel of water, and he would clean himself (istinja’) with water.” [Bukhari & Muslim]*

*Ibn Qudaamah رحمه الله narrated that there was consensus among the Sahaabah that it is permissible to use only stones and that it is not obligatory to use water. [Al-Mughni]*

## 15. Dua after leaving the place of excrement

*When the Prophet ﷺ exited the toilet, he used to say,*

غُفْرَانَكَ

*‘Guffranaka’*

*I seek your forgiveness [Abu Dawud & Ibn Maajah]*