

## Toilet -Manners & Tahara & Duas [www.Duas.org](http://www.Duas.org)

If you wish to offer a prayer and need to go to toilet, you may begin with the latter. You may precede your left foot to the right **when entering** the place where you excrete say the following:

In the Name of Allah (I begin) and in Allah (I trust).

bismillāhi wa billāhi

بِسْمِ اللَّهِ وَبِاللَّهِ

I pray Allah's protection against the filthy, the impure,

a`ūdhu billāhi min alrrijsi alnajibisi

أَعُوذُ بِاللَّهِ مِنَ الرَّجْسِ النَّجِسِ

the wicked, and the source of wickedness;

alkhabīthi almukhbithi

الْخَبِيثِ الْمُخْبِثِ

namely, Satan the accursed.

alshshayṭāni alrrajīmi

الشَّيْطَانِ الرَّجِيمِ

**While excreting**, it is recommended to say the following:

O Allah, (please) nourish me pleasant food in wellbeing

allāhumma aṭ`imnī ṭayyiban fī `āfiyatin

اللَّهُمَّ اطْعِمْنِي طَيِّبًا فِي

عَافِيَةٍ

and make me excrete it repulsive in wellbeing.

wa akhrijhu minnī khabīthan fī `āfiyatin

وَإِخْرَجُهُ مِنِّي خَبِيثًا فِي

عَافِيَةٍ

If your sight falls on the excrement, you may say the following:

O Allah, (please) provide me with the legally gotten (sustenance)

allāhumma urzuqni alḥalāla

اللَّهُمَّ ارْزُقْنِي الْحَلَالَ

and keep me away from the illegally gotten.

wa jannibni alḥarāma

وَجَنِّبْنِي الْحَرَامَ

**When you finish** and want to clean yourself, you may first of all try to make sure that you have discharged the entire waste. when one's eye falls on water:

All praise be to Allah Who has made water pure

alḥamdu lillāhi alladhī ja`ala almā'a ṭahūran

الْحَمْدُ لِلَّهِ الَّذِي جَعَلَ الْمَاءَ

طَهُورًا

but has not made it impure.

wa lam yaj`alhu najisan

وَلَمْ يَجْعَلْهُ نَجِسًا

**While cleaning yourself** from the waste, you may say the following:

O Allah, make me guard my chastity, chasten me,

allāhumma ḥaṣṣin farjī wa a`iffahū

اللَّهُمَّ حَصِّنْ فَرْجِي وَأَعِفَّهُ

cover my private parts,

wastur `awratī

وَأَسْتُرْ عَوْرَتِي

and forbid Hellfire from consuming me.

wa ḥarrimnī `alā alnnāri

وَحَرِّمْنِي عَلَى النَّارِ

**When you finish and stand up**, you may rub your abdomen with your right hand and say:

All praise be to Allah Who has warded off harm from me,

alḥamdu lillāhi alladhī amāṭa `anniya al-adhā

الْحَمْدُ لِلَّهِ الَّذِي أَمَاطَ عَنِّي الْأَذَى

made me find the pleasure of my food and drink,

wa hanna'anī ṭa`āmī wa sharābī

وَهَنَّنِي طَعَامِي وَشَرَابِي

and freed me from plague.

wa `āfānī min  
albalwā

وَعَافَانِي مِنَ الْبَلْوَىٰ

leave the place where you have excreted, preceding your right foot to the left saying :

All praise be to Allah Who  
has made me find its  
pleasure,

alḥamdu lillāhi alladhī  
`arrafanī ladhdhatahū

الْحَمْدُ لِلَّهِ الَّذِي عَرَّفَنِي لَذَّتَهُ

kept in my body its power,

wa abqā fī jasadī  
quwwatahū

وَأَبْقَىٰ فِي جَسَدِي قُوَّتَهُ

and discharged its harm  
from me.

wa akhraja `annī  
adhāhū

وَأَخْرَجَ عَنِّي إِذَاهُ

How a pleasant bliss it is!

yā lahā ni` matan

يَا لَهَا نِعْمَةً

How a pleasant bliss it is!

yā lahā ni` matan

يَا لَهَا نِعْمَةً

How a pleasant bliss it is!

yā lahā ni` matan

يَا لَهَا نِعْمَةً

No estimators can assign its  
value.

lā yuqaddiru alqādirūna  
qadrahā

لَا يُقَدِّرُ الْقَادِرُونَ قَدْرَهَا

In al-Faqih: When the Noble Prophet wanted to enter the washroom he said:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الرَّجْسِ النَّجِسِ الْخَبِيثِ الْمُخْبَثِ الشَّيْطَانِ، اللَّهُمَّ أَمِطْ عَنِّي الْأَذَى  
وَأَعِزَّنِي مِنَ الشَّيْطَانِ الرَّجِيمِ.

O Allah ! I seek refuge with You from the filth of the impurity of the evil of the reviled Shaitan. O Allah! Pull away from me all uncleanliness and protect me from the accursed Shaitan.

And when he sat to relieve himself اللَّهُمَّ أَذْهِبْ عَنِّي الْقَذَى وَالْأَذَى، وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ.

O Allah ! Remove from me the filth and impurity and make me from among the ones who purify themselves.

If affected with a looseness of bowels

اللَّهُمَّ كَمَا أَطْعَمْتَنِيهِ طَيِّبًا فِي عَافِيَةٍ فَأَخْرِجْهُ مِنِّي خَبِيثًا فِي عَافِيَةٍ.

O Allah ! Just as You have fed me with its goodness in well-being, then take its filth out of me in well-being.

And when he entered the toilet he would say: الْحَمْدُ لِلَّهِ الْحَافِظِ الْمُؤَدِّي.

Praise be to Allah , The Protector and The Fulfiller (of needs).

When he came out (from the toilet) he passed his hand over his stomach and said Praise be to Allah , the One who removed from me its filth and left in me its strength. What a (great) blessing it is – the real value of which cannot be fully appreciated

الْحَمْدُ لِلَّهِ الَّذِي أَخْرَجَ عَنِّي إِذَاهُ، وَأَبْقَىٰ فِيَّ قُوَّتَهُ، فَيَالِهَا مِنْ نِعْمَةٍ لَا يُقَدِّرُ الْقَادِرُونَ  
قَدْرَهَا.

## Etiquettes

1. You must ask permission to use the toilet if it does not belong to you.
2. It is mustahab to wear slippers whilst in the toilet.
3. While in the toilet, must at least be able to cover your private parts from others.
4. It is **haram to face qibla or to keep qibla towards the back** whilst using the toilet.
5. You must use tahir water to wash yourself by first removing the najis items and then pouring water at least twice, better still thrice.
6. It is makruh to urinate whilst standing.
7. It is makruh to hold on to one's want to visit the toilet, and if it harms one's health then it is haram.
8. It is mustahab to urinate before salaa and before going to sleep.
9. It is mustahab to enter the toilet with your left foot and come out with your right foot.
10. It is makruh to wash oneself with the right hand.