

Hefsek Taharah & Seven White Days

The complete process from being Niddah to becoming Tehorah:

1. NIDDAH:

Waiting a minimum of 5 days from when you became Niddah.

2. HEFSEK TAHARAH:

Performing the internal exam (Bedikah) confirming bleeding has stopped.

3. SEVEN WHITE DAYS:

Counting seven consecutive blood free days, performing two Bedikos each day.

4. CHAFIFAH:

Preparation for immersion.

5. TEVILAH:

Immersion according to correct protocol in a kosher Mikvah.



Example: The process from Niddah to Taharah

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBOS
1 →	2 →	3 →	4 →	5		
PERIOD				HEFSEK TAHARAH	DAY 1	DAY 2
				DAY 0 ↑	7 WHITE DAYS	
DAY 3	DAY 4	DAY 5	DAY 6	DAY 7		
7 WHITE DAYS				→	MIKVAH	

(5+7=) 12 days minimum of Niddah



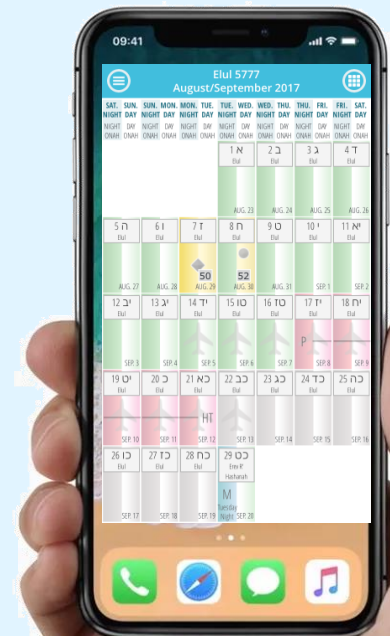
MyMikvahCalendar.Org

The Mikvah App is highly recommended to use for an accurate calendar.

IMPORTANT!

Record the date and time your Period began.
Record your successful Hefsek Taharah
onto your calendar.

Note: A couple with Yiras Shamayim will keep a written calendar as well.





Five Days



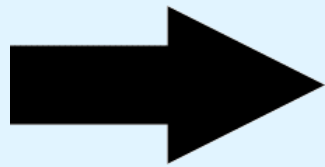
From the time you become Niddah
WAIT A MINIMUM OF 5 DAYS*
before starting the Hefsek Taharah process.

The five day minimum is required, even if your bleeding ends before the fifth day.



* Exceptions to the five day minimum: 1) Birth 2) New bleeding when already Niddah (for example in middle of seven white days).

Each Jewish day begins at **SUNSET**
& ends the following day at **SUNSET**



Example:

MONDAY: Begins at **Sunset** on Sunday & Ends at **Sunset** on Monday

Example: If your period began anywhere from:

SUNDAY
after **Sunset**



MONDAY
before **Sunset**

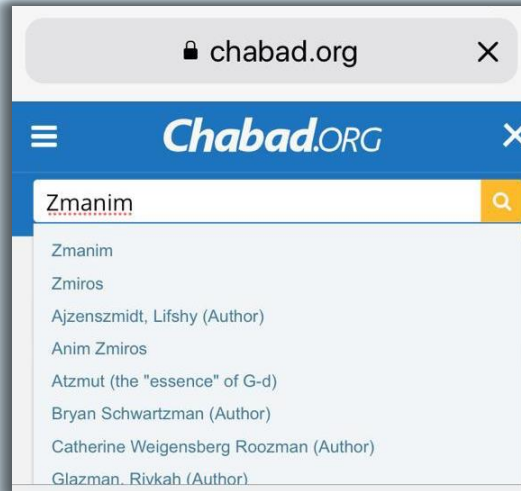


MONDAY is DAY 1 of your cycle, FRIDAY is DAY 5

Note: Day 1 does not need to be a complete day.

(If your period began exactly at sunset or a few minutes *before* or *after* sunset,
consult a Rav on what to mark as the start).

Sunset and sunrise times



Sunset and sunrise times are available on [Chabad.org](https://www.chabad.org)

(Search: Zmanim-Halachic times)



The **Hayom App** is recommended for Zmanim (FREE).

It offers reminders for the Zmanim you select, every day.



Bedikah



The process to becoming Tehorah
begins with a Bedikah (an internal exam)
using a white cotton cloth.

How should a Bedikah be done?

1

Cloth to be used for Bedikah: white, soft, tightly woven cotton, around 3-4 inches square.

https://www.mikvah.org/mall/catalog/badei_penina_cloths

2

Wash and check hands.



3

Check Bedikah cloth (Ed) to make sure it is clean



4

Wrap your finger with the cloth so that it covers at least to the second joint of the finger.

How should a Bedikah be done?

5

Raise one leg on stool, side of tub, or closed toilet seat.



6

Insert cloth covered finger (covered at least to the second joint of the finger) as deeply as possible and do one complete rotation around the circumference of the vagina, reaching gently into all folds and clefts.

It is suggested to go in an order to ensure nothing is missed.

7

Remove cloth and check all surfaces for a **clean result** by daylight, (not direct sunlight).

(If daylight is not available – office building, no windows – use strong electric light – however, if any questionable color is seen, check again by daylight).

8

If you have a questionable result, set aside to show a Rav.



Colors on a Bedikah

If there are any spots or traces of a questionable color in all the varying shades (Example: pink, brown, orange, and some shades of yellow), it must be shown to a Rav. Any trace of red and black is a problem.

OKAY COLORS:

White & Clear
Green or blue
Pale yellow

QUESTIONABLE COLORS:

Pink
Rust
Brown
Grey
Orange
Mustard
Honey Yellow
& more

NIDDAH COLORS:

BLACK
RED



Hefsek Taharah



The Bedikah (internal exam)
to confirm that bleeding has stopped

Perform a Hefsek Taharah Bedikah
On the FIFTH day* BEFORE SUNSET
(or on a later day when your bleeding stops),

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	→ 2	→ 3	→ 4	→ 5
PERIOD				HEFSEK TAHARAH
				DAY 0 ↑

*from the onset of your period, if your bleeding stopped

The Four Steps

There are 4 steps to the Hefsek Taharah process:

1

Washing



SHOWER/BATH

2

BEDIKAH



INTERNAL EXAM
BEFORE SUNSET

3

Moch Dochuk



CLOTH LEFT INSERTED
FROM BEFORE SUNSET
UNTIL AFTER NIGHTFALL

4

Whites



WHITE UNDERWEAR
WHITE BEDSHEET

Step 1: Washing



The Hefsek Taharah is the ONLY Bedikah
that permits washing beforehand.

How should it be done?

Wash your entire body* externally and internally with warm water.

- Preferably around 30 minutes before sunset.

Washing removes residue of blood for a better chance of success.

- If you are unable to wash entire body, wash private areas between legs.
- If you are unable to wash, the Hefsek taharah is still valid b'dieved.

** On Shabbos /yom tov/yom kippur/Tisha b'av/Shiva, wash private areas only.*



Washing Tips

- Avoid douching, it will dry you out.
- Allow around 15 minutes after internal washing to performing the Bedikah to allow natural moisture to replenish.
- Shower in the morning before leaving home, then use water or wet wipes to clean private areas prior to performing the Hefsek Taharah.
- **Carry wet wipes and Bedikah cloths in your purse, in case you get stuck away from home.**
- Good advice: Some women can more easily clean internally with a bath to remove any blood residue from internal folds and attain a clean bedikah.



Step 2: Bedikah



This Bedikah is crucial

The Seven White Days cannot begin without this Bedikah (internal exam)



When should it be done?

The Hefsek Taharah Bedikah **MUST** be completed
BEFORE SUNSET to be valid.



Ideally, it should be done close to sunset, around 20 minutes **before sunset**,
to allow time to repeat the Bedikah if necessary.

If unable to perform close to sunset:

1st

FIRST choice is *after* **Plag HaMincha** (Hayom App)



2nd

SECOND choice is *after* **Mincha Ketana** (Hayom App)



Any bedikah done *after* Mincha Ketana does *not* require a shaila.

Any bedikah done *before* Mincha Ketana, does require a shaila.

Tip: If necessary, perform the bedikah and be sure to ask a Rav later.

3rd

If you tend to forget to do the Hefsek Taharah Bedikah close to sunset

Do a Bedikah earlier in the daytime* (just in case).

Try to do another bedikah close to sunset.

*(Consult a Rav if you were unable to perform another Bedikah after Mincha ketana).

Hefsek Taharah Bedikah



Note: The Hefsek Taharah is the **ONLY** Bedikah you may repeat for a clean result. **Only the FINAL Bedikah before sunset counts.**

If the final Hefsek Taharah Bedikah is:

Okay Color



Go to the next step
of Moch Dochuk

Questionable



Put the Bedikah aside to show Rav
Go to the next step of
Moch Dochuk

See slide 28

Niddah Color





Do a **NEW** Hefsek
Taharah the next day

If the Bedikah was done *after* sunset,
the Hefsek Taharah is *invalid*.
A NEW Hefsek Taharah must be done
the next day **BEFORE SUNSET**.



Important Difference!

Hefsek Taharah Bedikah	All other Bedikos
<ul style="list-style-type: none">You should wash yourself before doing the Hefsek Taharah Bedikah. 	<ul style="list-style-type: none">Do NOT wash yourself internally before doing a Bedikah.
<ul style="list-style-type: none">You may repeat the Hefsek Taharah Bedikah for a clean result. Only the final Bedikah BEFORE SUNSET counts. 	<ul style="list-style-type: none">A Bedikah once done, can NEVER be repeated or ignored. The result is FINAL.

Step 3: Meach Dochuk

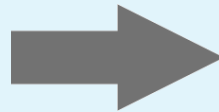


Moch Dochuk

After completing the Hefsek Taharah Bedikah, **insert** another Bedikah cloth deeply into the vagina, also **BEFORE SUNSET**, and **leave it** within the vagina until **AFTER NIGHTFALL**, after 3 stars appear.
(From sunset until nightfall is approx. 30-42 minutes)



BEFORE SUNSET



AFTER NIGHTFALL

Remove the cloth after nightfall, and check for a clean result. This cloth should then be put in a safe, clean place to be checked again by daylight the next morning.



Hefsek Taharah & Moch Dochuk

- Even though a complete Bedikah (one complete rotation reaching all internal folds and clefts) is not required for the Moch Dochuk, if your final Bedikah of Hefsek Taharah had any questionable colors, it is suggested to do a **thorough Bedikah and leave it inserted** so it may act as both Hefsek Taharah Bedikah and Moch Dochuk.
- If the Moch Dochuk is clean (after using it to perform a thorough Bedikah as above, performed BEFORE sunset and left inserted until nightfall), then it will be considered the last Bedikah before sunset and will count as both the Hefsek Taharah AND the Moch Dochuk. The previous questionable bedikah may then be discarded.
- If the Moch Dochuk also has a questionable color, then both have to be submitted for a question to a Rav. (Be sure to make note of correct order: first bedikah, second bedikah etc.)

Moch Dochuk

- If you do the Hefsek Taharah bedikah earlier, the Moch Dochuk needs to be inserted **close before sunset** (leaving it in longer than necessary can be irritating).
- If the Moch Dochuk causes pain or bleeding, consult a Rav.
- If you forgot to insert the Moch Dochuk, consult a Rav.
- **Note: The Moch Dochuk is the ONLY Bedikah cloth that is left inside for a period of time.**



Step 4: Whites



Whites

- After the Bedikah, begin wearing white (well fitting) underwear.
- Use white bedsheet to sleep on.

Note: In extenuating circumstances, if you are somewhere, with NO white underwear or white sheet, you may use clean, checked (free of stains) colored underwear/sheets until you can get white. No need to delay the Hefsek Taharah.



IMPORTANT!

Record your successful Hefsek Taharah onto your calendar

It is crucial to perform the Hefsek Taharah on schedule, even if you know (or think) that you will not be going to the Mikvah on time, (example: your husband will be out of town).

For two reasons:

1. Hefsek Taharah is necessary for accurate calendar calculations.
2. Circumstances may change at the last minute and allow you to get to Mikvah on time.

Tip: Text your husband when Hefsek Taharah is completed, so you have a 'record' of when it was done and can add to your calendar.





Hefsek Taharah On Special Days



Hefsek Taharah: Shabbos & Yom Tov



1 Washing

- On Shabbos, you may use water heated* from before Shabbos. (you can put hot water in keli Sheini and add cold water).
- Wash private areas between legs, using only your hands (no cloth) be careful not to pull out hairs.
- You may use liquid soap. No sponge.

*On Yom tov: Ask your Rav what type of hot tap water may be used on Yom Tov.

2 *BEDIKAH*

- Note: On Friday, the Hefsek Taharah is ideally done **before candle lighting**.
- If unable to do prior to candle lighting, be sure to complete **before sunset**.



INTERNAL EXAM
BEFORE SUNSET

3 Moch Dochuk

- On Shabbos, a Moch dachok or Bedikah cloth can't be carried outside without an Eruv. (unlike a tampon or pad which is permitted to be worn when used for your period).



CLOTH LEFT INSERTED
FROM BEFORE SUNSET
UNTIL AFTER NIGHTFALL

4 Whites



WHITE UNDERWEAR
WHITE BEDSHEET

The Hefsek Taharah can be done on ALL days of the year Even on Yom Kippur and Tisha B'Av.

- On Yom Kippur and Tisha B'Av wash private areas between legs only.
- On Yom Kippur, follow the process of doing a Hefsek Taharah on **Shabbos**.
- Even if R"l someone is sitting Shiva, a Hefsek Taharah may be done.



Tishrei	Cheshvan	Kislev	Tevet
1	1 2 3 4 5 6	1 2 3 4 5	1 2 3 4
2 3 4 5 6 7 8	7 8 9 10 11 12 13	6 7 8 9 10 11 12	5 6 7 8 9 10 11
9 10 11 12 13 14 15	14 15 16 17 18 19 20	13 14 15 16 17 18 19	12 13 14 15 16 17 18
16 17 18 19 20 21 22	21 22 23 24 25 26 27	20 21 22 23 24 25 26	19 20 21 22 23 24 25
23 24 25 26 27 28 29	28 29	27 28 29	26 27 28 29
30			
Shevat	Adar	Nisan	Iyar
1 2 3	1	1 2 3 4 5 6 7	1 2 3 4 5
4 5 6 7 8 9 10	2 3 4 5 6 7 8	8 9 10 11 12 13 14	6 7 8 9 10 11 12
11 12 13 14 15 16 17	9 10 11 12 13 14 15	15 16 17 18 19 20 21	13 14 15 16 17 18 19
18 19 20 21 22 23 24	16 17 18 19 20 21 22	22 23 24 25 26 27 28	20 21 22 23 24 25 26
25 26 27 28 29 30	23 24 25 26 27 28 29	29 30	27 28 29
Sivan	Tammuz	Av	Elul
1 2 3 4	1 2	1	1 2 3 4 5 6
5 6 7 8 9 10 11	3 4 5 6 7 8 9	2 3 4 5 6 7 8	7 8 9 10 11 12 13
12 13 14 15 16 17 18	10 11 12 13 14 15 16	9 10 11 12 13 14 15	14 15 16 17 18 19 20
19 20 21 22 23 24 25	17 18 19 20 21 22 23	16 17 18 19 20 21 22	21 22 23 24 25 26 27
26 27 28 29 30	24 25 26 27 28 29	23 24 25 26 27 28 29	28 29
		30	



Seven White Days



On the morning following the successful Hefsek Taharah,
begin counting Seven White Days consecutively.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBOS
1	2	3	4	5	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
PERIOD				HEFSEK <input checked="" type="checkbox"/> TAHARAH	DAY 1	DAY 2
				DAY 0 	7 WHITE DAYS	
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>		
DAY 3	DAY 4	DAY 5	DAY 6	DAY 7		
7 WHITE DAYS					MIKVAH	

Note: The Hefsek Taharah is NOT one of the seven white days.

Example: If you did the Hefsek Taharah on Thursday before sunset,
then FRIDAY is DAY 1 of the seven white days.
The following week Thursday is Day 7, and Thursday night you go to Mikvah.

Wearing White

- **Wear** white underwear and sleep on a white bed sheet throughout the seven days.
- **Check** your underwear and sheet daily for stains.

Some have a custom to surround themselves with white: all white linens (bed sheet & top sheet), and white sleepwear.

Tip: Travel with a white flat sheet to spread on your bed at night when traveling or away from home.

Perform 2 Bedikos daily

During the 7 White Days - Total of 14 Bedikos



1. Morning Bedikah: **AFTER SUNRISE**

*In urgency, it may be done after dawn.
(Be cautious in winter).*



2. Afternoon Bedikah: **BEFORE SUNSET**

*In urgency it may be done after
mincha Ketana.*

Insert the Bedikah cloth as deeply as possible and do a **thorough rotation** in the vagina to reach all the **hidden folds**. Remove cloth and check for a clean result.

Every Bedikah once it is done, can NEVER be repeated or ignored. The result is FINAL.

Counting

CONCIOUSLY COUNT THE SEVEN WHITE DAYS

Some have the custom to count verbally.

Our custom is to count mentally.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBOS
1 →	2 →	3 →	4 →	5	✓	✓
				HEFSEK TAHARAH	DAY 1	DAY 2
PERIOD				DAY 0 ↑	7 WHITE DAYS	
✓	✓	✓	✓	✓		
DAY 3	DAY 4	DAY 5	DAY 6	DAY 7		
7 WHITE DAYS				→	MIKVAH	

Counting

THE COUNTING MUST BE CONSECUTIVE;
Completely free of any uterine bleeding!

- If you see uterine bleeding or find an impure Bedikah or Niddah stain during the 7 white days, it interrupts the count.
- You must do a NEW Hefsek Taharah (as soon as bleeding stops) and begin a NEW counting of the 7 white days.
(Another 5-day minimum wait is NOT required).



EVERY BEDIKAH IS IMPORTANT AND MUST BE DONE!

Mikvah immersion can only take place on time with AT LEAST
ALL THESE THREE BEDIKOS:

HEFSEK TAHARAH



No count can begin without a valid HEFSEK TAHARAH completed before sunset.

DAY 1



AT LEAST 1 BEDIKAH performed earliest after sunrise and latest before sunset.

DAY 7



AT LEAST 1 BEDIKAH performed earliest after sunrise and latest before sunset.

NOTE: If you are doing the minimal Bedikos, (ONLY with the psak of a Rav),
it is a good idea to do another Bedikah in middle of the seven white days (example: day 3 or 4).
This is because if you forget Bedikah of day 7, it may save you from having to count from day 1 again.

If a Bedikah was done
after sunset, it is *invalid*.



More on doing a Bedikah

Including Hefsek Taharah and Moch Dochuk Bedikah



Bedikah

Before use:

Check Bedikah cloth to make sure its clean.

Tip: make sure your hands and surfaces are clean.

After use:

Check Bedikah cloth by daylight
to make sure it's an Okay color.



Bedikah Tips



- Always carry Bedikah cloths in your purse.
- Set an alarm on your phone to remind you to do a Bedikah.
- Do the morning Bedikah (of the seven white days) on the first trip to the bathroom (after sunrise) to ensure that you don't forget.

If you don't have Bedikah cloths

- If you don't have Bedikah cloths you may use any clean **white**, tightly woven (not gauze), cotton soft cloth approx. 3.5 inches by 3.5 inches.
- **Tip:** If you are ever stuck somewhere without Bedikah cloths, you may cut squares out of white undershirts or white underwear.





Questions for a Raw



Irritation & Bedikos

- If, at any time, you have difficulty obtaining clean bedikos, or trouble with the Moch Dochuk, or anything that is impacting your taharah, consult your Rav. Do not suffer in silence.
- If you ever have *unexplained bleeding/staining*, consult your Rav and your physician. Never assume that because it is red, so it is not good. Sometimes, there is something else going on that needs to be checked out and sometimes it is not uterine bleeding. Only the Rav can advise on this and determine status.
- Ask a Rav how to lubricate if needed. Moistening/dampening a cloth is not permitted to be done on Shabbos, consult your Rav on how to prepare cloths for use on Shabbos, if extra lubrication is needed.
- If you have a problem, the Rav may advise you to see a Bodekes.



Questions

- If at ANY time during the 7 WHITE DAYS, a questionable color appears, either on a Bedikah or on a garment or linens/towels, etc. a question must be asked/shown to a Rav to determine your status.
- **Tip:** If you are unable to get a response early in the day, then it is suggested to perform a 'just in case' NEW Hefsek Taharah to avoid loss of a day.
Never invalidate your original count.
Have in mind the new count is 'just in case'.
(The five-day minimum does not apply here and a new Hefsek Taharah may be done immediately).
- **Note:** It is common to have stains, or questionable Bedikos, during the 7 white days, particularly during the first three days.



Questions

If you have a questionable Bedikah and are waiting for an answer from the Rav, keep a **double count** of what day you are up to.

One from the original Hefsek Taharah and one from the **new** Hefsek Taharah.

6	7	8	9	10	11	12
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Asking a Rav

If you have a questionable color on a Bedikah or garment, linens etc:

- Make sure to bring the Bedikah to a Rav as soon as possible.
- Make sure Rav is in town before dropping it off!
- Don't write on the bedikah cloth itself, note your comments to the Rav on the envelope or on a separate piece of paper.
- If given a psak of Niddah, ask the Rav how this answer will affect your calendar.
- **Never throw away a questionable Bedikah, (even if you are expecting your period to begin).**



Asking a Rav

Make sure to include important info such as:

- Day/date
- Did this question result from a BEDIKAH or STAIN on garment/linens etc?
- Was this a Bedikah for Hefsek taharah/ Moch Dochuk?
- Was this question discovered during the 7 white days?
If yes, which of the 7 days? Morning or afternoon Bedikah?
- Was there a color change/any circumstances or pain?
- Was there any other source to which the stain/color to be attributed to?
- (Include if you are a kallah, pregnant, nursing, expecting a period, or if you have a vaginal scratch/irritation, etc.)
- **Include your phone number clearly.**



Storing Bedikah Cloths/Shailos

- Don't remove residue from a Bedikah cloth if you have a question, leave it to show the Rav.
- Store Bedikah in a clean, safe place and make sure your hands are clean.
- **Tip:** Place questionable Bedikos/Shailos in a clean envelope, with bedikah folded stain side 'in' and wrapped in a clean white tissue.
- **Tip:** Don't put a wet Bedikah cloth/Shaila in a plastic bag!





Notes

- Nuva Ring (used with a heter from Rav), needs to be removed for the Hefsek Taharah and for one of the bedikos of Day 1, and one of the bedikos of Day 7 (and for immersion).
- White pads & pantyliners should not be used during the Seven White days (unless a Rav advises).

Travel

If you will be crossing the International Date Line consult a Rav regarding 5 day minimum, 7 white days and Tevilah.

Note: This does not apply to travel where hours are lost, not days (loss of hours makes no difference. Example: Hefsek Taharah on Monday in New York, means Mikvah Monday night, the following week, in Israel/Europe, etc).

Note: If you will be on an airplane, traveling and need to do a Hefsek Taharah, or a Bedikah, you should consult a Rav, since it is difficult to determine the zmanim, etc. while traveling at such speeds.



Story

Story 1:

Elizabeth was having a hard time conceiving a baby. Her Chabad friend urged her to send the Rebbe a letter for advice. She asked the Rebbe what to do, but did not receive an answer. In the meantime her Dr. performed a surgery on her that was supposed to fix her “problem”. However, she still did not become pregnant.

She wrote to the Rebbe again. This time, the Rebbe told her to be more careful to do the laws of Taharas Hamishpacha properly. She was surprised at the assumption that she was doing something wrong. She reviewed the laws with her Chabad friend, and discovered she had counted the 7 white days incorrectly and was going to Mikvah a day too early!

On her next Mikvah night she conceived and gave birth to a baby after waiting many years!

Story 2:

As told by a Shlucha:

“A while ago, a young, Observant woman in my community, came to Daven in our Chabad house on a Shabbos morning.

After Davening ended, she approached me and asked me if I could spare a few minutes to speak with her. She then began to cry and told me that she and her husband have been trying for years to have children and she simply has not become pregnant.

I was reminded of a story of the Rebbe, which I proceeded to tell her. It was about another Observant lady who could not become pregnant and wrote to the Rebbe, who advised her to be stringent in her observance of Taharas Hamishpachah. She was rather surprised, since she was already Observant and kept all of the Halachos. After much deliberation and soul searching, she realized that she sometimes missed a personal examination here and there. While she made sure to do at least one a day, she was sometimes slack about the second one.

Heeding the Rebbe's words, she decided to take make sure that she observed and performed this aspect of Taharas Hamishpacha more strictly, and carefully. By the grace of Hashem, she immediately became pregnant!

When I finished telling the story, this young woman's face turned colors. She was in shock. She said this is the only area in Taharas Hamishpacha that she has been less than strict about. She went home, determined, to be extra careful in her observance of this and every aspect of Taharas Hamishpacha.

A couple of months ago, she came back to tell me that she was 3 months pregnant! She took the story I had told her to heart and in that first month, she became pregnant!