

Making Sure Menstruation Has Finished

Purpose

The purpose of the *hefsek tahara* is to establish_____.

- a. that the next expected menstrual cycle still hasn't arrived
- b. discontinuation of bleeding prior to the seven white days

The *hefsek tahara* is a_____examination.

- a. mandatory
- b. recommended

Five Minimum Days

From when is it permissible to perform the *hefsek tahara*?

- a. As soon as the wife feels there is no continuation of bleeding, from at least the fifth day after becoming *niddah*.
- b. As soon as the wife feels a cessation of bleeding, from at least the fourth day after becoming *niddah*, but she may not begin the seven white days until the following day.

The minimum five days applies_____.

- a. only when the *niddah* was caused by menstruation
- b. regardless of the cause of *niddah*, e.g. staining, or an internal examination

Exceptions To Five Minimum Days

Counting the seven white days was interrupted, e.g. the wife found a stain. Does she need to recount five days before performing a *hefsek tahara*?

- a. yes
- b. no

Hefsek Tahara—General

The wife is certain that bleeding has stopped. Does she still need to perform the *hefsek tahara*?

- a. yes
- b. no

Many years have gone by since the wife's last menstruation. Is a *hefsek tahara necessary* to begin the seven white days?

- a. yes
- b. no

Washing

Prior to performing the *hefsek tahara*, ideally,_____.

- a. the wife should wash her entire body, especially private parts, thoroughly both externally and internally
- b. washes those parts of the body which, most probably, might have come into contact with blood

When washing the entire body, in preparation for the *hefsek tahara*, is difficult or unfeasible, it is sufficient to wash the lower half of the body only.

- a. true
- b. false

Water

When_____water is not available,_____water suffices.

- a. warm, cold
- b. cold, warm

When no water at all is available may another liquid or damp cloth substitute?

- a. yes
- b. no

Shabbos/Yom Tov/Yom Kippur/Tisha BeAv

On *Shabbos* or *Yom Tov*, ideally, what type of water is used for the *hefsek tahara*?

- a. Warm water which was prepared before *Shabbos* or *Yom Tov*.

b. Cold water.

On *Yom Kippur* is it permissible to wash the vaginal area and between the thighs with warm water in preparation for the *hefsek tahara*?

a. yes

b. no

On *Tisha BeAv* is it permissible to wash the vaginal area and between the thighs with warm water in preparation for the *hefsek tahara*?

a. yes

b. no

The Examination Cloth

Use of manufactured, pre-cut examination cloths prepared and sold specifically for this purpose is_____.

a. acceptable when no alternative is available

b. recommended

Ideally, the examination should be performed with_____.

a. a tissue

b. a cloth

The Examination

For the *hefsek tahara* to be done as successfully as possible, the advice is given_____.

a. to spread the legs a bit, and bend forward as far as possible

b. to stand with one leg raised on a chair

Is it permissible to moisten the examination cloth with water to alleviate discomfort?

a. No, it could change the color.

b. Yes, when the wife is too dry for a comfortable examination.

Moch Dochuk

After performing the *hefsek tahara*, the custom is_____.

a. to do an additional checking, using a *moch dochuk* from immediately before starlight until an

hour after starlight

b. to do an additional checking, using a *moch dochuk*, from before sunset until after starlight

A *moch dochuk* which was performed without the checking before is_____.

a. valid, but the entire process should be repeated

b. nonetheless valid

Time

A *hefsek tahara* performed a few minutes after sunset is_____.

a. valid

b. invalid

A wife, unable to perform the *hefsek tahara* due to being in a public place during this time_____.

a. is permitted to do so slightly after sunset, as long as ten minutes have not passed

b. nevertheless may not pass sunset

Shabbos

The wife did not perform the *hefsek tahara* before candle lighting.

a. She is permitted to do so after candle lighting, as long as it is before sunset.

b. She is not permitted to do the *hefsek tahara* after lighting the candles.

In places where there is no *eruv*, it is_____ to go into the street with the *moch dochuk*.

a. permitted

b. forbidden

Mourning

During her seven days of mourning, a wife performs a *hefsek tahara*_____.

a. but only washes between the thighs and her private place

b. and washes her entire body as usual

