



**Before immersing in the mikvah, a women must:**

- Wait at least 5 days from the time she originally became a niddah before performing a hefseik tahara.
- Count the seven clean days, making the proper internal examinations each day.  
[For example, if a hefseik tahara was completed before sundown on Tuesday, the seven clean days begin at sundown on Tuesday, and immersion would be the following Tuesday night.]

**The following is a list of items that you should check before using the mikvah:**

1. Have you taken a bath, washing navel and all body crevices and folds thoroughly with warm water? Even if preparations were done at home, a warm shower should be taken at the mikvah and hair re-combed.
2. Have you washed and combed all hair on any part of the body, checking for knots and tangles?
3. Have you cleaned eyes of any makeup or mucus and removed contact lenses?
4. Have you cleaned nose and ears, including earring holes?
5. Have you cleaned teeth and removed any false teeth, dentures, or retainers?
6. Have you washed your face and removed all makeup?
7. Have you softened any scabs that are not easily removed?
8. Have you removed all jewelry, band aids, remnants of adhesives, dry blood, and deodorant?
9. Have you cut fingernails and toenails, removing any nail polish, dirt, hanging nails or skin?
10. Have you cleaned between fingers and toes?
11. Have you checked your entire body, either visually or by hand, for any chatzitzah (intervening substance)?
12. Have you taken care of the body's excretory needs?

**If the answer to all the above questions is YES, then you are ready to use the mikvah.**

*Please bring any special concerns (e.g. temporary fillings, splinters, scabs, stitches, anything inserted internally, etc.) to the attention of the attendant.*

If anything in the room is broken, missing, or if you have any suggestions, please tell the receptionist.

**Thank you!**

