

Before the Wedding....

- After making sure that your period has ended, at least 5 days from the onset of menstruation, a *bedikah* (internal examination) should be done towards the end of the 5th day to ensure that uterine bleeding has ceased. The *bedikah* should be performed with “Bedikah Cloths” (called Badei Shoshana), which can be purchased at any area Mikveh, or online.
- The 7 Days of *taharah* (purity) begin the following morning. A *bedikah* should be performed that morning establishing it as Day 1, and then again on Day 7. Many women do examinations everyday of this 7 day period, but a minimum of 3 *bedikahs*: the 5th day after menstruation has ceased, day 1, and day 7 of the subsequent Days of Taharah are acceptable as well.
- On the night following these seven days, you immerse yourself (*tevillah*) in the *mikveh*. For a new bride this is generally done on the 7th day during the day, or the day afterward.
- To prepare for the *tevillah*, you should wash and comb your hair, take off any nail polish, trim your nails, remove any jewelry or band-aids, etc. and take a bath.
- You then immerse yourself in the *mikveh* in the presence of an attendant, who is available for advice or assistance.
- After the 1st immersion, you recite the following blessing: *Baruch Ata Hashem Elokeinu Melech Haolam Asher Kidishanu Bimitzvotav Vitzivanu Al Hatevillah - Blessed art Thou, O Lord Our G-d, King of the universe, who has sanctified us by His commandments and commanded us concerning tevillah.*

Married Life...

- This cycle of *taharat hamishpacha* (family purity) is to be followed throughout your marriage, so as to ensure freshness and renewed passion each month in your intimate lives together.
- Husbands and wives separate the night before menstruation is anticipated. (Should it not occur as anticipated, marital relations can resume).
- From the commencement of menstruation, the wife counts five days until normal menstrual flow should have come to an end. The wife should bathe, change her underwear and bed linen and count seven further days, completely free of any discharge.
- On the seventh day, the wife prepares for *tevillah* (see above) and visits the *mikveh* after nightfall. Marital relations can resume after that.