

# Islam Question & Answer

General Supervisor:  
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## 978 - Tahaarah (purity) for one suffering from incontinence

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### the question

Assalamu'alaikum

I have an allergy which causes me to sneeze very violently very frequently. Since I became pregnant, I suffer from incontinence whenever I sneeze. As I go to work I cannot change my clothes everytime I need to pray. Can I do wudhu and still pray when I know my clothes have najis on them. Do I need to repeat my prayers on returning home?

Please reply soon.

Jazakallah khair.

### Detailed answer

Praise be to Allah.

Allaah says (interpretation of the meaning):

" and [Allaah] has not laid upon you in religion any hardship" [al-Hajj 22:78] and

" Allaah intends for you ease, and He does not want to make things difficult for you" [al-Baqarah 2:185].

It is sufficient, my sister, if you perform wudoo' before every prayer after the time for it has begun, and do not worry about anything that comes out after that. You could also put a piece of cloth or something similar so that the najaasah (impure substance - in this case urine) does not spread, then throw it away and wash yourself before making wudoo'. We ask Allaah to heal you and give

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good health to you and to every sick Muslim.