



How to Rinse A Cloth Diaper With A Sprayer

Step 1: Prep the soiled diaper by removing the diaper insert.

Step 2: Hold the diaper vertically over a toilet bowl with the pocket opening downward.

Step 3: Ensure the inside of the diaper faces the toilet while holding it.

Step 4: Gently shake the diaper to remove any solid poop into the toilet.

Step 5: Grab the diaper sprayer with the other hand and spray at the soiled areas.

Step 6: Angle the sprayer downward during rinsing to prevent backsplash.

Step 7: Gently squeeze out the excess water from the diaper.

Step 8: Transfer the diaper into a wet bag before carrying it to the washing machine.