How to repent from having intercourse with one’s wife after her period has ended and before she has done ghusl

I went through all the Questions and Answers relating to Masturbation and Having Intercourse after the Periods but without her Ghusl. I just wanted the clarification for the above in the sense, Is there any Repentance like Dua or anything to overcome the Sin he or she has committed?

Praise be to Allaah.

Having intercourse with a menstruating woman in her vagina is haraam, because Allaah says (interpretation of the meaning):
" They ask you concerning menstruation. Say: that is an Adha (a harmful thing for a husband to have a sexual intercourse with his wife while she is having her menses), therefore, keep away from women during menses " [al-Baqarah 2:222]
Whoever does that has to seek the forgiveness of Allaah and repent to Him, and he has to give a dinar or half a dinar in charity as expiation for what he has done. Ahmad and the authors of al-Sunan narrated with a jayyid isnaad from Ibn ' Abbaas (may Allaah be pleased with him) that the Prophet (peace and blessings of Allaah be upon him) said: " Whoever has intercourse with his wife when she is menstruating should give a dinar or half a dinar in charity. " Whichever you give is sufficient.
It is not permissible to have intercourse with one's wife after she has become pure, i.e., after the bleeding has stopped, and before she has done ghusl, because Allaah says (interpretation of the meaning):
" and go

not unto them till they are purified (from menses and have taken a bath) ”

[al-Baqarah 2:222]
Allaah has
not given permission for a man to have intercourse with a menstruating woman
until her bleeding stops and she purifies herself, i.e., does ghusl. Whoever has intercourse with his wife before she has done ghusl has committed a sin

and has to offer expiation (kafaarah).
See
Fataawa al- ‘ Ulama ’ fi ‘ Ushrat al-Nisa ’ , p. 51
Fatwa al-Lajnah al-Daa ’ imah
With regard
to the way to rid oneself of sins that a man and woman have committed, please see Question No. 14289, 329.
You have to
repent to Allaah for going against the prohibition mentioned in this aayah and for not paying heed to the words (interpretation of the meaning):
“ And when
they have purified themselves, then go in unto them as Allaah has ordained for you ” [al-Baqarah 2:222]
That is done
by regretting what has happened and resolving not to do it again, and by doing a lot of good deeds, for good deeds wipe out bad deeds. And Allaah is

Oft-Forgiving, Most Merciful.