

Withdrawal (Pulling Out)

What is withdrawal?

Withdrawal is used during intercourse to reduce the risk of pregnancy. Withdrawal is when a man pulls his penis out of a woman's vagina before he ejaculates (cums). A man must not ejaculate near the opening of a woman's genitals. A woman can get pregnant if the sperm is near the opening of the vagina.

How well does withdrawal work?

- 8 to 9 out of 10 women will get pregnant in one year if having intercourse without birth control.
- With typical use (this means not following the exact directions) withdrawal is **73 percent** effective.
- With perfect use (this means you follow the exact directions all the time) withdrawal is **96 percent** effective.
- **Don't** use withdrawal as a method of birth control if an unplanned pregnancy would be hard for you.
- Withdrawal doesn't protect you from sexually transmitted infections (STIs) and HIV.
- Use a condom **every time** you have sex (vaginal, oral, anal) to lower your risk of STIs and HIV.

How do I start using withdrawal?

You might choose withdrawal as a method of birth control if you:

- don't have another method of birth control (e.g., condoms, birth control pills)
- can't afford birth control
- have religious, cultural, or health reasons for not using other birth control methods

Your partner might want to practice withdrawal while using another method of birth control (e.g., condoms). This way the man will know he can withdraw his penis before he ejaculates.

To use withdrawal, a man must know when he is about to ejaculate.

How do I use withdrawal?

- During sex, when a man feels he is almost ready to ejaculate, he needs to pull his penis out of the vagina and away from the woman's genitals.
- After ejaculating, the man needs to wash his hands before touching his partner's genitals.

What are the benefits of withdrawal?

- Withdrawal is better than using no birth control at all.
- It is available in any situation.

What are the disadvantages of withdrawal?

- It can be very hard for a man to stop and withdraw his penis before he ejaculates.
- If a man has trouble with premature ejaculation, it is not a good idea to use withdrawal as a method of birth control.
- Withdrawal may decrease pleasure for both partners.

Did You Know

- You have the right to make the decision to have sex or not.
- Plan ahead and decide to protect yourself to lower your risk of pregnancy, STIs, and HIV.
- It is important to talk with your partner about how you can protect each other.

What if withdrawal fails?

If withdrawal fails (cum got on or near a woman's genitals or in the vagina), think about getting **emergency contraception** to help prevent pregnancy.

Websites

www.myhealth.alberta.ca

www.sexualityandu.ca

www.teachingsexualhealth.ca

www.albertahealthservices.ca and search for Sexual and Reproductive Health

For 24/7 nurse advice and general health information, call Health Link Alberta at 403-943-LINK (5465) in the Calgary area, 780-408-5465 in the Edmonton area, or 1-866-408-LINK (5465) toll-free.

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