What Is Withdrawal?

- Just before ejaculation, the man withdraws his penis from his partner's vagina and ejaculates outside the vagina, keeping his semen away from her external genitalia.
- Also known as coitus interruptus and “pulling out.”
- Works by keeping sperm out of the woman's body.

How Effective?

*Effectiveness depends on the user:* Risk of pregnancy is greatest when the man does not withdraw his penis from the vagina before he ejaculates with every act of sex.

- One of the least effective methods, as commonly used.
- As commonly used, about 20 pregnancies per 100 women whose partners use withdrawal over the first year. This means that 80 of every 100 women whose partners use withdrawal will not become pregnant.
- When used correctly with every act of sex, about 4 pregnancies per 100 women whose partners use withdrawal over the first year.

*Return of fertility after use of withdrawal is stopped:* No delay

*Protection against sexually transmitted infections:* None

Side Effects, Health Benefits, and Health Risks

None
Who Can and Cannot Use Withdrawal

- **All men can use withdrawal.** No medical conditions prevent its use.
- Withdrawal may be especially appropriate for couples who:
  - have no other method available at the time
  - are waiting to start another method
  - have sex infrequently
  - have objections to using other methods

Using Withdrawal

- Can be used at any time.
- Effectiveness depends on the willingness and ability of the couple to use withdrawal with every act of intercourse.

Explaining How to Use

<table>
<thead>
<tr>
<th>When the man feels close to ejaculating</th>
<th>• He should withdraw his penis from the woman’s vagina and ejaculate outside the vagina, keeping his semen away from her external genitalia.</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the man has ejaculated recently</td>
<td>• Before sex he should urinate and wipe the tip of his penis to remove any semen remaining.</td>
</tr>
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</table>

Giving Advice on Use

<table>
<thead>
<tr>
<th>Learning proper use can take time</th>
<th>• Suggest the couple also use another method until the man feels that he can use withdrawal correctly with every act of sex.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater protection from pregnancy is available</td>
<td>• Suggest an additional or alternative family planning method. (Couples who have been using withdrawal effectively should not be discouraged from continuing.)</td>
</tr>
<tr>
<td>Some men may have difficulty using withdrawal</td>
<td>• Men who cannot sense consistently when ejaculation is about to occur.</td>
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<tr>
<td>Can use emergency contraceptive pills (ECPs)</td>
<td>• Men who ejaculate prematurely.</td>
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<tr>
<td></td>
<td>• Explain ECP use in case a man ejaculates before withdrawing (see Emergency Contraceptive Pills, p. 49). Give ECPs if available.</td>
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