

# Withdrawal\*

## How withdrawal works:

Withdrawal prevents fertilization; the sperm does not reach the egg.

## How do you use withdrawal:

While having intercourse, before the man ejaculates, he pulls his penis out of the woman's vagina and away from her external genitals. The man must depend on his own physical sensations to decide when to withdraw before ejaculation.

## Effectiveness:

Effectiveness depends largely on the man's ability to withdraw his penis before he ejaculates. If 100 couples use withdrawal perfectly and every time for one year, only four will get pregnant. Among typical users, 27 women out of 100 might get pregnant with a partner using withdrawal. Men who are less experienced with using this method or men who have a difficult time knowing when they will ejaculate will have a greater risk of failure.



**ejaculation  
in vagina**

Emergency contraception is available if the male doesn't pull out in time.

(over)

\*Withdrawal is Coitus Interruptus

### Center for Health Training

1809 Seventh Avenue, Suite 400

Seattle, WA 98101-1341

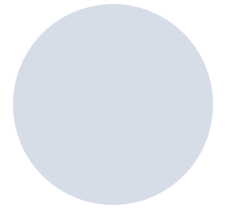
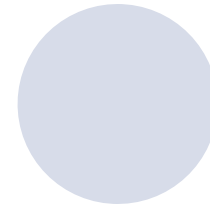
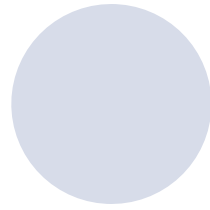
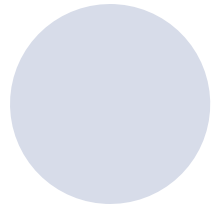
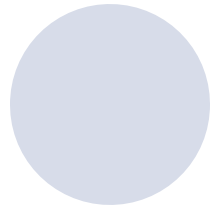
(206) 447.9538 *tel*

(206) 447.9539 *fax*

[www.centerforhealthtraining.org](http://www.centerforhealthtraining.org) *website*

[seattle@jba-cht.com](mailto:seattle@jba-cht.com) *email*

Revised November 2004



### **Some benefits of withdrawal:**

This method has no health risks or side effects. There is nothing to buy and no cost. It is an acceptable method for some couples with religious concerns about birth control. It is a back up method if no other methods are available.

### **Potential side effects and disadvantages:**

Just before ejaculation the man may feel the urge to go deeper and it may be a difficult time to withdraw. For individuals or for couples, interruption of the excitement phase may decrease pleasure.

Withdrawal as a method of birth control will not give you complete protection against HIV (AIDS) or sexually transmitted infections (STIs) such as chlamydia, herpes, genital warts, gonorrhea, hepatitis B and syphilis.

### **Potential risks:**

No health risks.

