

Withdrawal (Pulling Out)

What is withdrawal?

- Withdrawal is when a man pulls his penis out a woman's vagina, before he ejaculates (cums).
- Withdrawal can also be called coitus interruptus.
- A man should not get ejaculate (cum) on the outside of a woman's genitals. Sperm can travel into her vagina and cause pregnancy.
- **Withdrawal does not protect you or your partner from sexually transmitted infections (STI) or Human Immunodeficiency Virus (HIV).**

How well does withdrawal prevent pregnancy?

- One out of five couples who use withdrawal will get pregnant within one year. To prevent pregnancy, use other forms of birth control.
- **Do not** use withdrawal as a method of birth control if an unplanned pregnancy would be hard for you.

Is there sperm in pre-ejaculate (pre-cum)?

- There can be sperm in the pre-ejaculate fluid. Sperm from a previous ejaculation can stay in a man's urethra (the tube that takes urine from the bladder to the outside of the body). It can come out with the pre-ejaculate fluid the next time he has sex. **This sperm can cause pregnancy.**

Who might use withdrawal?

- Couples might use withdrawal if they:
 - do not have another method of birth control (e.g., condoms, birth control pills)
 - can't afford birth control
 - have religious, cultural, or health reasons

How does a man do withdrawal?

- A man needs to pee before he has sex. He needs to wipe off the tip of his penis to remove any sperm left behind.
- When a man feels he is almost ready to ejaculate, he pulls his penis out his partner's vagina and away from her genitals.
- If any cum gets on a woman's genitals or into her vagina, think about getting emergency contraception ("morning-after" pill) to help prevent pregnancy.
- After a man has ejaculated, he needs to wash his hands before he touches his partner's genitals.

Things to Think About

- Withdrawal can be hard to do. A man needs to be able to tell when he is about to ejaculate.
- It can be very hard to stop sexual activity while a man pulls out his penis. When a man is close to ejaculating, his body can **involuntarily** release cum.
- Withdrawal takes a lot of self-control.
- Withdrawal should not be used by men who have trouble with premature ejaculation or repeated orgasms (which can cause the pre-ejaculate to contain sperm).
- Partners might want to practice pulling out while using another method of birth control (e.g., condoms). This way a man will know he can withdraw his penis before he ejaculates.

Sexual Decision Making

- Choose to have sex or not—you have the right to make that decision.
- Choose to protect yourself from getting pregnant and STI.
- Use a condom every time you have sex to lower your risk of STI.
- Talk with your partner about these choices before you have sex.

For More Information Call:

Sexual and Reproductive Health

Education/Health Promotion 403-955-6515

Clinical Services

Sheldon M. Chumir Health Centre	5 th floor, 1213–4 th St SW	403-955-6500
South Calgary Health Centre	31 Sunpark Plaza SE	403-943-9510
Sunridge Professional Building	406, 2675–36 th St NE	403-944-7666

Website

www.calgaryhealthregion.ca/programs/sexualhealth

For 24-hour nurse advice and health information, call Health Link Alberta at 403-943-LINK (5465) in Calgary or 1-866-408-LINK (5465) toll-free.

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