

C5.15 - WITHDRAWAL

Policy

The purpose of this policy is to outline the use of withdrawal (“pull out”) refers to the removal of the penis from the vagina before ejaculation to prevent sperm from entering the vaginal canal.

Procedure

Mode of Action

Ejaculation occurs outside the vagina and away from the vulva, decreasing the possibility of conception.

Effectiveness

With typical use, 22-24% of couples relying on withdrawal will conceive within one year

Typical/actual effectiveness of withdrawal 78-80%.

Advantages

- Withdrawal requires no devices, involves no chemicals and is available in any situation at no cost.
- It is more effective than the use of no method at all.

Disadvantages

- Interrupts the excitement or plateau phase of sexual response and can diminish the pleasure for a couple. It can be difficult to do correctly all of the time.
- The ejaculate, which may contain sperm, may be emitted from the penis prior to climax or ejaculation, exposing the client to pregnancy.
- Offers no protection against STIs.

Contraindications

There are no absolute or strong relative contraindications.

Side Effects

Interruption in the excitement or plateau of sexual response, diminishing the sensation of pleasure.

Instructions to the Client

- Low effectiveness rate makes a second method in addition to withdrawal advisable.
- Care should be taken to see that ejaculation does not take place until the penis is clear of the vulva.

Fertility Return

There's no disruption to fertility. Given lower efficacy of withdrawal for contraception, please recommend users also take a prenatal vitamin or folic acid supplement.

Date Revised	September 2023
References	Providing Quality Family Planning Services Recommendations of CDC and the U.S. Office of Population Affairs (QFP) [2014] (https://www.hhs.gov/opa/guidelines/clinical-guidelines/quality-family-planning/index.html)
Additional Resources	Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use, 2020 (https://www.cdc.gov/reproductivehealth/contraception/pdf/summary-chart-us-medical-eligibility-criteria_508tagged.pdf)