

I want to start Hormone Replacement Therapy. What Are My Next Steps?

My caregiver (s) will sign consent for HRT

- Consent must be signed by those caregiver(s) who have full medical decision making for you. This is a legal requirement.
- Caregiver in another state? We can obtain verbal consent.
- One caregiver not willing to sign? Talk with our Social Worker.

Readiness Assessment

- Option 1: Placed on Gender Health Psychologist Waitlist (4-6 month wait)
- Option 2: Mental health counselor, therapist psychologist

Medical Labs

- Having labs drawn is a necessary step prior to starting HRT. Our doctor will order required labwork.
- Once the doctor reviews your labs, our nurse will call to schedule.
- We try to get you scheduled as soon as possible! (1 month wait)

Reviewing Consent

- The doctor will review the consent form with you and your caregiver(s).
- Our Social Worker or nurses can give you and your caregiver(s) this consent form to review prior to this meeting with the doctor.

HRT Start Day

- You've made it - show up for your HRT start day!
- Our nurse will teach you how to correctly administer medication.
- Schedule your follow up with the doctor to ensure we can monitor the effects of the hormone on your mind and body.

*Note: This process is not linear, but rather fluid, based on your individual health, needs, and process.

1. My caregiver(s) will sign consent for HRT:
 - a. It is a legal requirement that the people who have medical decision making for you, due to being under 18, must sign this consent form.
 - b. One caregiver in another state but willing to consent? Social Work will call and obtain verbal consent from this caregiver.
 - c. One caregiver not involved in your life, or not for most or all of it? Be honest with the doctor, nurses, and social worker; we may be able to still move forward with hormones.
 - d. One caregiver not willing to consent? Talk with the doctor about what other options can medically help you align with your gender identity.
 - i. Continue to meet with our doctor as recommended. Establishing gender-affirming care is an important factor in feeling safe in your identity.
2. Readiness Assessment:
 - a. This is a legal requirement by the state of Washington.
 - b. We follow the World Professional Association for Transgender Health standards for this assessment.
 - c. If you are already working with a counselor or therapist, our social worker can coordinate with this person to find out if they can and are willing to write this assessment or a letter of support. Our social worker can help navigate this process with your therapist, and will update you and your family as soon as they consult with your counselor.
 - d. Our Gender Health psychologist can also write this assessment. To be placed using this referral, follow these steps:
 - i. Inform our social worker that you would like to be placed on the referral list for the psychologist.
 - ii. Social worker will inform the doctor and the referral will be placed.
 - iii. When you are next on the list, the psychologist office will reach out to you and schedule your appointment.
 - iv. There are three to four appointments to examine and discuss your life in various areas, including self, home, & school.
3. Medical Labs:
 - a. We want to ensure that your body is ready for hormones.
 - b. You can get labs done elsewhere and have them sent to our clinic for review.
 - c. The doctor may have you do labs prior to your appointment, or the doctor will order the labs when you are ready. Always follow the doctor's recommendations on when to complete the necessary lab work.
 - d. You may need to take care of other medical concerns that show up in your results prior to starting HRT.
4. Reviewing Consent:
 - a. The doctor will review the appropriate consent form for HRT with you and your caregiver(s).

b. This allows for further information to be gathered, questions to be asked, and a review of expectations prior to starting HRT.

5. HRT start day

- a. Our nurse will schedule this appointment.
- b. The nurse will review all the necessary components to your hormones and also teach you how to administer your hormones.
- c. This appointment can last from 30 - 90 minutes.
- d. Follow up as recommended by our doctor to ensure the hormones are monitored and are meeting your expectations!
- e. The doctor will prescribe the suitable dose and increase when necessary and appropriate.

Hormones Checklist

There are many steps to complete prior to being able to start hormones. Using this checklist will help keep you organized, motivated, and moving in the right direction.

- _____ Attend first gender clinic with the Gender Health team
- _____ Follow up with recommendations from the doctor for scheduling
- _____ Caregiver(s) are willing to sign consent and have informed the Gender Health team (doctor, nurses, social work, etc.)
- _____ Cleared from the doctor that I am in the appropriate age range and puberty range for starting HRT
- _____ Obtain Readiness Assessment
- _____ Sign ROI with therapist and/or counselor if I want the Gender Health Clinic Social Worker to help coordinate obtaining/receiving my assessment
- _____ Confirmation received that the readiness assessment has been approved by the Gender Health Clinic Social Worker and Doctor
- _____ Complete labs (have them sent to the Gender Health Clinic if done elsewhere)
- _____ Confirmation received from the Gender Health Clinic that my labs are within the appropriate range limits for my health
- _____ Reviewed and signed consent with caregiver(s), myself, and the doctor
- _____ Complete HRT start day

