

Mary Bridge Gender Health Clinic

Gender Affirming Hormone Check List



Establish care w/
Gender Health Clinic

- We are excited to meet you!
- Starting hormone is not a quick process, we are here to help!

WPATH consultation
letter

- Must have component
- Embodiment goals
- Different options of obtaining
- Mental Health professional must provide

Complete lab draw

- Laboratories NW is best options
- Must be completed prior to consent

Caregivers (s) consent

- You and anyone who has medical decision making must consent
- Virtual or in person

GAHT start day!

- Hormones start!
- Attend follow ups to ensure continued care

The steps must be completed *before* the clinic can schedule you to consent with your caregiver (s) for hormones.

WPATH (World Professional Association for Transgender Healthcare) Consultation Letter:

- This is a legal requirement by the state of Washington
- We follow the World Professional Associate for Transgender Health Standards of Care, Volume 8 (2022)
- If you are established into counseling or therapy, they may be able to provide this letter needed. Our Social Worker will discuss further with you and offer options of support
- There are several routes to obtain this letter and our team will help you and your family navigate this letter
- One our Social Worker has your letter sent them, they will review it to ensure it meets the criteria needed and will contact your caregiver (s) about next steps. *If you have not heard from our social worker, this means we do not have your letter. Give us a call if you have questions about it!*

Medical Labs:

- We want to ensure that your body is safe and cleared to begin a new hormone
- Laboratories NW is the best place for labs, they will go right into your medical chart when you have completed them. *We can send labs to an outside source, this may delay us receiving labs*
- Routine labs drawn are one piece of hormones, they help the provider know when your dose needs to be changed or increased
- If any concerns were to arise in your lab review, our provider will discuss and ensure we are able to address concerns
- Your labs may indicate we want you to see our dietitian, we will discuss with you and your family
- Our provider will review labs and provide clearance to start hormones

These steps can be done in any order, our clinic needs both to be completed prior to scheduling for consent.

My Caregiver(s) and I Consent for Hormones:

- 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 with you
 - We are unable to bypass a caregiver and we will discuss this with you further
- We complete consent for both virtually and in person
- One caregiver not willing to consent? Talk with our clinic about what other options that can medically help you align with your gender identity.
 - We will continue to have appointments with you to ensure we are on track and are here to support your gender healthcare needs

Start Hormones!

- This appointment will be scheduled by our team, in person or virtually!
- The Gender Health Clinic Nurse may teach you to do your injections, depending on which form of hormones you start
- Attend your follow up appointments to ensure you continue to receive your care
- Our provider will prescribe the suitable dose and increase when necessary and appropriate

Hormones Check list!

This list can help keep you and your caregiver(s) organized. Use this to help keep you motivated and moving in the right direction.:

- _____ Attend your new patient appointment with the Gender Health Clinical Team
- _____ Cleared from the clinic that I am in the correct Tanner Stage to begin hormones
- _____ Obtain WPATH consultation letter
- _____ Complete labs (have them send to the Gender Health Clinic if done elsewhere)
- _____ Caregiver(s) are willing to sign consent and have informed the Gender Health Clinical team
- _____ Receive confirmation from Gender Health Clinical Social regarding letter to ensure this clinic has letter and it has been approved
- _____ Attend consent appointment with my caregiver (s) who hold medical decision making
- _____ Complete HRT start day