

Keep Your Resources Close!!

Resource	Overview
Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People	UCSF guidelines. Comprehensive, evidence based, primary care considerations and initiating, maintaining, adjusting gender affirming hormone regimens and complications.
TransLine Hormone Therapy Prescriber Guidelines	TransLine. Collaborative project including clinical guidelines, quick prescribing guide, referral services and other resources. Excellent quick guide for clinic.
WPATH Standards of Care, Version 7	Comprehensive clinical guidance for care of transgender, gender nonconforming persons across specialties, including primary and specialty care, speech/language pathology, mental health services. Version 8 is in final edits. Available in 18 languages.

Minimum Criteria for Gender Affirming Hormone Therapy (Masculinizing or Feminizing)

- Persistent, well-documented gender dysphoria/incongruence
- Capacity to make a fully informed decision and to consent for treatment
- Age of majority in a given country
- If significant medical or mental health concerns are present, they must be reasonably well-controlled

Informed Consent Process (Example forms from [Fenway Institute](#)):

- Informed consent for [masculinizing therapy](#)
- Informed consent for [feminizing therapy](#)

Initiating Masculinizing Therapy in Adult Patients.

Gather a comprehensive history

Assess for minimum criteria

Informed consent

Baseline Labs:

Must obtain: CBC, HCG.

May obtain: CMP/BMP, Lipids/A1c, STI screen

Tips: Controlled substance
Needs refrigeration
Prescribe needles and syringes
SQ: 23-25G 5/8" on 1 cc Leur Lock
IM: 22-23G 1-1.5" on 1cc Leur Lock
Both: 1"-1.5" 18G for drawing up
Injection Teaching

Start therapy!

Typical dose: Testosterone Cypionate 200mg/ml, 50mg SQ or IM every 7-14 days.

1 month f/u

Tolerability? Questions? Dose increase, by 10mg?

3 month f/u

Changes noted? Side effects?

CBC, total Testosterone (mid injection cycle), CMP, hcg*, STI*

6 months after reaching stable dose

CBC, total Testosterone, hcg*

Yearly

CBC, total Testosterone, hcg*, CMP, Lipids

Titrate Dosing:

To patient response/desired side effects

Max 100mg SQ or IM weekly

Mid-injection cycle Total Testosterone of 500-700ng/dL

Safety, Hct <55%

Tips for lab monitoring Testosterone

Injectable Testosterone: Mid cycle check, goal mid-range male

Patch or topical: Trough check. No patch or application that morning.

Initiating Feminizing Therapy in Adults

Gather a comprehensive history

Assess for minimum criteria

Informed consent

Baseline Labs:

Should Obtain: CMP, Lipids, HgbA1c

May Obtain: Testosterone, STI testing, HIV, Hep B/C

Start therapy:

Typical doses:

Estradiol 2mg daily oral

Spironolactone 50mg oral twice daily, or 100mg oral once daily

1 month f/u

Tolerability? Questions? BMP (for K+ and CrCl), dose increase? BP.

Consider increasing estradiol by 1 mg daily and spironolactone by 50mg total daily.

3 month f/u

Changes noted? Side effects? BP

Initiating Adult Transgender Hormone Therapy in Primary Care
Handout and quick guide, AAPA 2022
Jo Rolls, MEHP, MPAS, PA-C
University of Utah Health

BMP/CMP*

Total Testosterone

Dose change? Consider increasing estradiol by 1 mg daily and spironolactone by 50mg total daily.

6 month f/u after maintenance dose (optional)

Testosterone, Estradiol, BP

Yearly

BMP/CMP*, Testosterone, Estrogen, Prolactin?

Tips for monitoring estradiol

Injectable: mid-injection cycle draw. Goal: midrange cisgender follicular phase

If high? First check timing and injection/drawing up technique

Oral and Transdermal: trough (no patch or pill that morning)

Testosterone: Goal <50ng/dL

Notes:

References:

UCSF Transgender Care, Department of Family and Community Medicine, University of California San Francisco. Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People; 2nd edition. Deutsch MB, ed. June 2016. Available at transcare.ucsf.edu/guidelines. Last accessed March 2022.

TransLine Hormone Therapy Prescriber Guidelines. TransLine. Updated April, 2019. Available at <https://transline.zendesk.com/hc/en-us/articles/229373288-TransLine-Hormone-Therapy-Prescriber-Guidelines>. Last accessed March, 2022

World Professional Association for Transgender Health. (2012). *Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People* [7th Version]. <https://www.wpath.org/publications/soc>. Last accessed March, 2022.

Fenway Health. Forms. Updated 2022. Available at <https://fenwayhealth.org/info/services/forms/>. Last accessed March, 2022.