

PATIENT INFORMATION SHEET:

Gender-Affirming Hormone Therapy

PREPARING FOR YOUR UPCOMING APPOINTMENTS

Planned Parenthood of Southwest and Central Florida (PPSWCF) is dedicated to providing high-quality, inclusive, gender-affirming care to all transgender, non-binary, and gender-diverse patients. Gender-affirming hormone therapy requires follow-up care to monitor health and hormone levels to achieve desired goals.

Who can obtain Gender-Affirming Hormone Therapy with us?

Anyone 18 and older who is able to provide consent.

YOUR INITIAL VISIT

The purpose of your initial visit is for us to learn what your goals for treatment are, discuss any risks and expected side effects, order and/or draw blood work, and to complete the state required consents which must be completed in person.

Please watch the following educational videos before your first visit:

If you are seeking estrogen-based medications:

- [Estrogen & Anti-Androgen Therapy \(English\)](#)
- [Terapia de Estrógeno y Antiandrógenos \(Spanish\)](#)

If you are seeking testosterone-based medications:

- [Testosterone Therapy \(English\)](#)
- [Terapia de Testosterona \(Spanish\)](#)

VISIT SCHEDULE

When starting gender-affirming hormone therapy with us, you are required to have an initial in-person appointment. Please be aware that appointment schedules are currently available on a month-to-month basis at specific locations only. We will do our best to find the location nearest to you that provides gender-affirming care.

- After your initial appointment you must attend a follow-up visit 3, 6, and 12 months after starting treatment so we can monitor your blood work, make sure you are getting desired effects, and not having any negative side effects. It's your responsibility to call to schedule your follow-up appointments.

Instructions continue on next page.

- We may make changes to your medications based on the feedback you give us and your lab results.
- If everything is stable, and you're happy with your medications, after your 12-month visit, we will see you for yearly appointment and labs at the discretion of your provider, unless you'd like to come in sooner.

TELEHEALTH

If you are continuing the same medication regimen or just increasing or decreasing your dosage we have limited telehealth availability for follow-up visits.

For telehealth visits you must have a MyChart account and complete the required eCheck-In, which may be done up to 24 hours prior to your visit time.

Please take note: We cannot see patients who want to add on new medications, or switch formulations (for example from the pill to the injection) via telehealth. **If you want to add a new medication or switch medication formulations, you must schedule an in-person appointment.**

MEDICATION REGIMEN CHANGES

Any time we increase your dosage or add on a new medication, you will need to schedule a follow-up visit in 3 months to obtain new labs to ensure that your body is responding to the new medication or dosage appropriately.

You may return to your recommended follow-up care, as indicated above once your levels are determined to be stable, at the discretion of your provider.

If at any point during your gender-affirming treatment you suspect a significant medical issue related to your treatment, please call the Planned Parenthood 24-hour emergency line: 877-387-5669.

Laboratory instructions begin on next page.

LABORATORY INSTRUCTIONS:

Gender-Affirming Hormone Therapy

YOUR LABS ARE IMPORTANT

To monitor your health and hormone levels throughout your treatment, laboratory testing will be required.

When you completed your latest visit, you either had your blood work drawn in person or were provided a lab order during a telehealth visit to either QuestDiagnostics or LabCorp. If you were provided an electronic lab order, the lab order can be accessed in your MyChart. If you did not receive a MyChart signup email, please call 941-567-3800 and ask to have a MyChart signup link sent to you.

It will take approximately 1 week for us to receive your lab results from the time that they are collected.

We will review your results with you at your next follow-up appointment or contact you via phone, sooner, if there are any abnormal findings or recommended changes to your regimen. You can view your lab results on MyChart.

LAB TIMING

Your hormone levels will fluctuate throughout the course of each dose. We prefer that you schedule your appointments and blood draws during the middle of a dose cycle, so that we can interpret them properly.

For patients on estrogen-based medications

- Pill: Wait a minimum of 6 hours after taking the pill to have your labs drawn
- Patch: Wait minimum of 36 hours after applying the twice weekly patch to have your labs drawn
- Injection: If you are taking your injection weekly (every 7 days), wait 72 hours post injection for lab draw. If you are taking your injection biweekly (every 14 days): Have labs drawn between days 7-10 post injection.

For patients on testosterone-based medications:

- Injection: If you are taking your injection weekly (every 7 days), wait 72 hours post injection for lab draw. If you are taking your injection biweekly (every 14 days), have labs drawn between days 7-10 post injection
- Gel: Wait minimum of 8 hours after application for lab draw
- Patch: Wait minimum of 8 hours after application for lab draw

Instructions continue on next page.

QUEST DIAGNOSTICS

To schedule an appointment with Quest Diagnostics please go to questdiagnostics.com.

1. Scroll down and select "I am a Patient", Click on "Make an Appointment"
2. Follow the prompts
3. For "Your reason for visiting" Select "All Other Tests"
4. Enter your zip code to generate the nearest locations
5. A calendar with available and times will be generated; Choose your preferred day/time.

LABCORP

To schedule an appointment with LabCorp please go to labcorp.com.

1. Under "Individuals and Patients" Select "Appointments and Locations".
2. Enter in zip code and under "Select Service" choose "Routine Lab work" and click "Go".
3. The nearest locations will be generated. On your preferred location you may click on
4. "Hours" and "Contact" to schedule an appointment over the phone.
5. To schedule an appointment online at your desired location, click on "Make Appointment".
6. For "Will you be fasting?" select "No"
7. Click on "Choose Date and Time" and "I'm not a robot"
8. Enter your personal information.
9. For billing, if you have insurance select "I'm using primary health coverage only". If you do not have insurance and/or were seen as "Self-Pay" during your visit, select "I have already paid or someone else is responsible".

ADDITIONAL LAB TESTING INFORMATION

Please bring in your driver's license, insurance card (if applicable), and tell them "My order was sent electronically". If you experience any difficulties, please contact us at 941-567-3800.



**PLANNED PARENTHOOD OF
SOUTHWEST AND CENTRAL FLORIDA**

MyPlannedParenthood.org
941-567-3800