

# Prescription Information: Estrogen and Anti-androgens

*If you have any challenges picking up your prescriptions, please let us know by sending a message on Patient Portal or calling 877-855-7526 so we can help.*

## Pharmacies:

- **Common issues:** Some medication prescriptions can be difficult to fill. Please expect that it may take 1-2 weeks from the time of your visit for you to get your medications.
  - **Prior Authorization:** If the pharmacy says “your medication is not covered by your insurance” or “authorization is needed” please contact us.
  - **Backordered:** If your pharmacy can’t get your medication, find out if its backordered or something they can never get in. You may consider switching to a different pharmacy.
  - **Pharmacy Problems:** You may also be able to switch to an online pharmacy; most insurance plans are contracted with a specific mail-order pharmacy. Please let us know if you change pharmacies or if you’re having ongoing problems.
  - **Medication Sourcing and Coverage:** If you need to change to a different form of medication, you may first need a visit with a PPMM provider to learn about the new medication. This can be done over telehealth, and you can schedule through the Patient Portal or by calling 877-855-7526.

- **Injection Supplies:** If they don’t have the correct sizes in stock, ask your pharmacy if they can special order what you need or check their warehouse. You may need to change pharmacies in order to have reliable access to injection supplies. Most areas have Needle/Syringe Exchange programs, which may be able to provide you with free injection supplies if you are having trouble accessing them.

## Refills:

- **If you are out of refills at the pharmacy,** you are probably due for an appointment with us. Please be sure to schedule your appointment.
- **Call ahead:** Please contact us 1-2 weeks before you run out of your last fill to give us time to work on your request.
- **Courtesy fills:** If you have run out of refills but have not been able to come in for your required visit/labs, please let us know what’s happening for you. Depending how long it’s been, you may be able to get a shorter courtesy fill to give you time to follow up.

## If you’re taking estradiol, there are some issues we’d like you to be aware of:

- **Administration method:** The prescription bottle may read “oral estradiol” but the same pills can be taken by dissolving them under your tongue. This is called sublingual administration, and is sometimes how we prescribe the estradiol tablets at Planned Parenthood Mar Monte. This does not apply to your other medications, like your spironolactone.
- **Treatment approaches:** Our patients are commonly prescribed sublingual or oral estradiol and oral spironolactone, but there may be other treatment options, depending on your goals/desires, where you are in your transition/gender affirmation process, your specific provider, your insurance plan, and regional availability. It’s ok to come to us with questions and requests.
- **Injectable estradiol:** Sometimes patients will be prescribed an injectable form of estradiol. This requires a yearly insurance authorization process, injection training, and supplies. If you are taking injectable estradiol, you may encounter shortages. We can work with you to change to a different type of the injectable estradiol, and you can call other pharmacies in your area and ask if they can source it.
- **Prescription authorization:** Topical forms of estradiol, injectable estradiol valerate and micronized progesterone often require yearly authorization from your insurance, and some plans won’t cover progesterone.
- **Labels:** If your prescription directions read differently than what you discussed with your provider, please take the medication the way your provider explained it to you. For example, your dosage may have changed. You can always call and check in with us about this, or with any questions.