



## Patient Guide: Hormone Therapy Visits

### Initial Visit

During this visit you and the doctor will discuss:

- Your medical history and your individual goals for hormone therapy (HT).
- Temporary and permanent effects, risks, benefits, and possible unwanted side effects of hormone therapy medications.
- Additional LGBTQ2+ resources in our community available to you.

If you and the doctor decide to move forward with HT you will:

- Sign a consent form to indicate your understanding of the risks and benefits of HT.
- May have blood tests done to assess your health before you begin HT.

### Second Visit

During this visit you will:

- Have a physical exam (checking your heart, lungs, abdomen and extremities).
- May have blood tests done to assess your health before you begin HT.
- Be given a prescription and explanation on how to have it filled at the pharmacy and how to take your medication.
- Set up your next appointment(s) as requested by the doctor.

### Injection Training Visit:

Some forms of HT medications are given by injection. Some patients choose to come into the clinic regularly to have their injections given by a nurse. Other patients would rather give themselves their own injections at home. If you decide you would like to inject your own medication at home we will set up an injection training visit (*please remember to go to the pharmacy and bring your medication to this injection training visit*). At this visit you will:

- Discuss general injection medication safety and supplies needed.



- Discuss and practice how to properly draw up the correct amount of medication and practice administering it.
- Give your first real injection! You will administer your own first dose of HT medication while a staff-member watches. If you demonstrate that you are competent and confident in injection medication administration our staff will sign-off for you to continue giving your own HT medications at home. It can take time to learn how to do self-injections, if more practice is needed another injection training visit can be made.

## **Monitoring Visits**

You will have regular monitoring visits to ensure you are achieving your HT goals and to ensure your health and safety during HT. Monitoring visits may be more frequent when you first begin HT and become less frequent as you continue HT. Monitoring visits may be more frequent if you have additional health concerns that could affect your HT. During these visits you will meet with the doctor to discuss how HT is going and to address any questions or concerns you may have. At these visits the doctor will also replace/adjust your prescription/prescribe refills for your medications as needed. *If you repeatedly fail to attend monitoring visits the doctor will not be able to continue prescribing you medications.*

Lab visits for blood testing may be needed one week prior to your monitoring visits, this is done so that the doctor receives the results of the blood tests in time to discuss them with you at your monitoring visit. These lab visits usually only take around 10 minutes.

**Please call WE Health Clinic with any questions or concerns!  
P: (218-727-3352)**