



We're pleased to welcome you to our Transgender Health Services program! Thank you for choosing Planned Parenthood of the Pacific Southwest.

You are receiving this letter to let you know about our approach to patient care and what you can expect at your first visit for gender-affirming hormone therapy (GAHT) at Planned Parenthood.

What can I expect from my initial visit?

- A medical history intake and consultation with one of our clinicians that may or may not involve an exam. Your clinician will discuss with you your treatment goals and work with you to determine the appropriate medication for you, as well as the ideal method of hormone administration. This visit will also include a consenting process where you will have an opportunity to learn about risks and benefits of treatment, and to ask any and all questions about GAHT.
- Lab testing to ensure hormone therapy options you and your clinician have selected are safe for you. On occasion, we will also recommend checking hormone levels throughout your care.

If you have any lab work or medical records, bringing them to your visit can be helpful. We are happy to avoid reordering lab work that you have recently had with another provider.

When will I get a prescription? At your first visit, we will do all of the above. Depending on your medical history, you may get a prescription at this visit or after your lab tests return (usually in about a week). If you choose a hormone therapy option that involves injections and need to learn how to inject your medication, this will be reviewed at your visit and resources will be provided to teach you about self-injection.

Do I need a referral from a mental health professional? No. We believe that when patients are fully informed about the risks and benefits of GAHT, they don't require a mental health referral. Some of our patients, however, benefit greatly from therapy and report positive experiences, and we are happy to provide mental health service referrals upon request.

I need other resources for gender-affirming care. At your visit, we will provide you with resources for medical and community support across our region for transgender, gender-nonconforming, and non-binary individuals.

Questions, concerns, or feedback? Please call our PPSW phone number: 1-888-743-PLAN.

Welcome! We look forward to seeing you at your appointment.

