

# Trans Health Top Tips

## Sex and Gender in Medical Notes

**You can change your gender in medical records. You should discuss this with your GP so all of the implications for both you and your GP are understood. Your GP can assist in arranging appropriate scans and tests outside of the normal screening programs to ensure you are not disadvantaged.**

**Whatever your recorded gender in your medical records you can ask for your correct pronouns to be recorded.**

## The Doctor-Patient Relationship

**Establishing a good Doctor-Patient relationship will be very beneficial in your healthcare.**

**You can ask to see the same GP for every appointment. This will mean you will not have to explain your situation to a new Doctor every time. It may also mean that you will see a Doctor who is more aware of transgender healthcare issues.**

**If you have a negative experience with a Doctor you can request to see a different Doctor in future.**

## Fertility and Contraception

**Testosterone treatment does not act as a contraceptive. Therefore, if you have a uterus it is important to talk to your GP about contraception.**

**Before starting hormone therapy, if you wish to have children in the future you can access egg or sperm storage through the NHS.**

## Bridging Prescriptions

**Unfortunately there are extremely long waits to access gender identity clinics (GIC) in the UK.**

**Because of the distress this can cause, GMC guidelines allow GPs to prescribe hormone treatment to bridge the gap between the referral to GIC and a trans person being seen by a GIC.**

## Sources

- **GOV.UK- NHS population screening: information for trans and non-binary people**
- **TransActual - Supporting Trans Patients: A Quick Guide for GPs**
- **GMC- Trans Healthcare Hub**