

Information about masculinising hormone treatment

Hormone treatment for people assigned female at birth involves the use of testosterone. This can be given by intramuscular injection or by a gel which is applied to the skin each day. This sheet provides information about what changes can be expected as well as the risks of this treatment.

Testosterone treatment will increase the growth of body and facial hair. There is a risk of developing male pattern baldness on your head. There may be redistribution of body fat and an increase in muscles giving a more masculine body shape. Acne can be a problem but should be treated as usual. Mood changes, both positive and negative, may happen but these don't often require treatment. Over time it is likely that your voice will deepen into the male range. There may be a small amount of bone thickening which may help masculinisation.

Taking testosterone causes your clitoris to get bigger which can be uncomfortable at first. You are likely to feel an increase in your sexual drive. Your vagina may also not get lubricated so easily. This may cause pain and discomfort on penetration, but you can buy lube for this to help.

Your periods will stop but this can take many months. Some people have a problem with light bleeding which is sometimes called spotting. You are likely to become infertile (not able to have children) and this might still be the case even if you stop taking male hormones. You need to be aware though that you could still become pregnant even when taking masculinising hormones. This means that you should use contraception such as condoms as necessary. You need to think about storing gametes (eggs) if you wish to have biologically related children in the future. Although hormones are likely to make you infertile, there is still a possibility that if you engage in penile-vaginal intercourse you could become pregnant so you should use contraception if this is a possibility. There are risks if you become pregnant whilst taking testosterone treatment.

Research on the treatment of people assigned female at birth with testosterone is currently limited. More evidence may be found in future about the benefits and risks. Male hormone treatment may cause changes to liver function, haematocrit (a measure of the thickness of the blood), and haemoglobin levels which could require more investigation and could be an indication of a serious illness. For this reason, it is important for you to have your blood tested regularly so that we know if there have been any changes.

There may be long-term risks in taking masculinising hormone treatment. These are not fully known but include higher risks of cancers of the uterus (womb) and ovaries. After 2-3 years of hormone treatment you should think about monitoring for any problems that may occur or

having an operation to remove the uterus and ovaries; if you choose to have monitoring you will need to have scans to check the womb and ovaries are healthy - which may include a scan from inside your vagina.

You can stop this treatment at any time. There will be effects such as body hair growth, baldness, a deeper voice and the loss of ability to have children, which may not be reversed if you do.

It is important to have regular blood tests and to attend appointments at our clinic to reduce the chances of unwanted effects. If you are unable to attend appointments regularly, we may no longer support your treatment and your GP may decide to stop your treatment.

Declaration

I confirm that I have read and understood the information above.

I confirm I understand that all testosterone treatment apart from Sustanon is not licenced for the treatment of Gender Incongruence. I understand if I receive testosterone in the form of gel or Nebido injection this would be off licence; however, I agree to receive this medication.

Signed.....

Patient name..... (DOB.....)

Date.....

Further information about national NHS screening Programmes for transgender and non-binary people can be found at: <https://www.gov.uk/government/publications/nhs-population-screening-information-for-transgender-people>

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