

Information for New Patients

Charing Cross Gender Identity Clinic (GIC)

The following information provides you with a brief introductory guide to the GIC. It gives you some basic information on what you might expect from your Clinic appointment as well as what we, in turn, expect from you. Further information can be found on our website at www.gic.nhs.uk.

Appointments: It is very important that you attend your appointments at the scheduled time. If you are unable to attend an appointment we would request that you let us know at the earliest opportunity so that we can offer the appointment to someone else. If you fail to keep your first appointment without letting us know, a re-referral to the Clinic by your GP will be required prior to arranging another appointment. Following your first appointment one failure to attend (missed appointment) will result in one further appointment being offered.

It is important that you attend all of your appointments so that your Clinician can monitor your progress and health as well as offer you support. In the event that surgery is offered you will also be asked to attend this clinic until you have had surgery and been discharged.

Change of address: Any change of home address and/or GP should be notified to us ***immediately*** in writing so that we can update your records.

Hormones: These ***may*** be recommended following your first two consultations. Prescriptions are not issued by the Clinic; this will be done by your GP following our recommendation. If you are a smoker then you will be asked to stop prior to starting hormones, advice and support for this will be given by the Clinic and your local GP. When you have stopped smoking there may be a further delay before hormones can be prescribed.

Real Life Experience: A standard requirement will be for you to complete a 2-year 'Real Life Experience' in your acquired gender role before a referral for genital surgery can be initiated. Your Clinician will also request documentation showing that you are living and functioning in your chosen gender role, examples of this may include work ID, copies of pay slips, evidence of voluntary work or study.

Referrals for Gender Surgery: In addition to your regular GIC Clinician at least one other GIC Clinician's agreement is usually required before this clinic can refer you for surgery.

Change of name Document: Your medical records and computer systems will not be changed until the GIC receives relevant paperwork confirming the changes.

NHS Funding: Please note that although often recommended by the GIC, electrolysis, Laser treatment, Breast Augmentation & Wigs are rarely funded by the NHS.

Legal issues, In order for the work of the Gender Identity Clinic to be effective it is necessary for a variety of people to be aware of your gender status and (if you are so diagnosed) that you are

transsexual. These people include psychologists, nurses, psychiatrists, speech therapists, surgeons, GP's and their associated administrative staff.

Information regarding your gender status and (if you are so diagnosed) that you are transsexual will be kept confidential and only shared as necessary for the work of the GIC and your care here.

Some people do not wish their gender status and (if they are so diagnosed) that they are transsexual to be shared. If you have a Gender Recognition Certificate or have applied for one you are able to legally enforce this. Whilst we will make every effort to respect your wishes regarding the sharing of information, and will keep information as confidential as we are able, it is necessary for the running of the Clinic and the safety of our clinical practice to share information under some circumstances.

If you do not allow us to share your information about your gender status and (if you are so diagnosed) that you are transsexual, then, for the reasons outlined above, we will unfortunately not be able to see you at this Clinic.

Accordingly, we assume that if you attend the Clinic you have consented to information being shared in the manner outlined above.