## This letter is designed to be handed directly to your doctor.

This letter is to advise that I am a member of the trans and gender diverse community. I am a new patient at this clinic and wanted to let you know that I am seeking to **continue** my regimen of gender affirming hormones.

My gender is \_\_\_\_\_\_\_\_\_\_\_.

The name listed with Medicare is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I would prefer not to write it down.

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I use the name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. My pronouns are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I would appreciate you including a note on my patient file about my correct name and pronouns. I request that I am not known by the name listed on my Medicare card. Please treat this information as private and confidential.

I have been using gender affirming masculinising / feminising hormones since\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and would like to continue doing so under your care. My hormone treatment regimen is currently:

|  |  |  |
| --- | --- | --- |
|  Medication Name | Cycle | Dose  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

In NSW, GPs can manage hormonal treatment regimen for trans and gender diverse patients, and there are guidelines for the provision of care available here: transhub.org.au/clinicians/hormones

**When talking about my body:**I prefer medical language / the terms \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for my genitals; and medical language / the terms \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for my chest. I do / do not menstruate, and would prefer you to use the terms\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for that.

Thank you,

(Your name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_