



TRANSHEALTH INTAKE FORM

Please complete all sections and return to Klinik front desk or by mail (address on p. 3)

Personal Information

Name: _____

Name on Health Card (If Different): _____ (Please Include Middle Name)

Please let us know what name we should use when:

	Chosen Name	Legal Name	Use This Specific Name:
We Phone	<input type="checkbox"/>	<input type="checkbox"/>	
Send Letters / Mail	<input type="checkbox"/>	<input type="checkbox"/>	
In the Waiting Room	<input type="checkbox"/>	<input type="checkbox"/>	

Pronouns: _____ Gender Identity: _____

Health card numbers:

Manitoba Health PHIN (9-digit): _____ MFRN (6-digit): _____

Other province: _____ Health Card Number: _____

Private Health Insurance Number: _____ Insurance Company: _____

Contact Information:

Mailing Address, City, Postal Code: _____

Physical Address (if different from above) _____ City _____

Phone Number #1: _____ Please Circle Type: Home Cell Work

Can we leave you a voicemail: Yes No

Phone Number #2: _____ Please Circle Type: Home Cell Work

Can we leave you a voicemail: Yes No

Primary Care:

Doctor/Nurse Practitioner Name: _____ Clinic Name or Address: _____

- No primary care provider but am actively trying to find one

Pharmacy name: _____ Address: _____

I am contacting Klinik for: (check all that apply)

- Gender affirming hormone/medication prescribing
- Gender affirming hair removal referral
- Gender affirming voice therapy referral
- Surgical referral (please answer additional questions)
 - Gender affirming hormones are not a part of my care/needs
 - I started gender affirming hormones in _____ (month) _____ (year) with _____ (Doctor/Nurse Practitioner Name)

How did you hear about our clinic?

- Family doctor
- School counselor
- Internet search
- Other _____

While I am waiting for my intake appointment could you:

- Fax my primary care doctor guidelines of how to prescribe gender affirming hormones
- Connect me with social work for support/questions
- Connect me with the peer support worker

Is there anything else you would like us to know: _____

If you need help filling out this form, please stop by the front desk or call 204-784-4090

Checklist:

- I have completed all sections
- Mail or drop off at Klinik front desk: 167 Sherbrook St., Winnipeg, MB. R3C 2B7

FAQ's: Appointments at Klinik

Where is Klinik? We are located at 167 Sherbrook St., Winnipeg, Manitoba R3C 2B7

Where do I park? Street parking is available or there is a parking lot behind our building

What buses can I take? The 29 and 17 stop in front. The 36 stops close by, and we are 1 block off Broadway and 2 blocks from Portage Avenue.

What do I should I expect at my appointments? You will check in at the front desk, you may be given a form to complete to confirm your contact information at your first appointment, you will be taken to a room for your appointment. After your appointment you can book your next follow up appointment at the front desk before you leave.

Trans Health Program Information

Who do you see at the Trans Health Klinik? All gender identities requiring gender affirming medical care or surgical referrals, ages 16 years & up.

Why do people come to Klinik? To access gender affirming medication or surgical referrals that their primary care doctor cannot provide or if they do not have a primary care provider.

If my doctor refers to me, will I get in sooner? All referrals are treated equally, in the order received. **If you do have a family doctor or nurse practitioner, they can e-consult or fax us if they need advice to start your gender affirming hormone prescriptions.**

How long of a wait is it from the time I call until my first in person appointment? This is quite variable, ranging from 8-12 months.

How long can I come to your clinic? For gender affirming hormone prescriptions you will have follow up appointments for about 1 year then we will transfer the prescribing to your primary care provider.

What other supports or services can I access through your clinic?

- New and/or gently used binders available.
- Social worker support and they can sign Manitoba Vital Statistics Legal Name Change forms. Counseling is also available.
- Peer support 204-784-4016
- Nurse support to discuss prescription or surgical referral questions, and injection teaching

Why do I need to have a family doctor? We are a transitioning care clinic focused on gender affirming medical care and referrals. For regular medical checkups (wellness or illness based) you will still see your primary care doctor or nurse practitioner.

How do I find a primary care doctor or nurse practitioner? Clinics may post signs or information on their website or use Family Doctor Finder to get patients: 204-786-7111 or 1-866-690-8260 or www.gov.mb.ca/health/familydoctorfinder. Post-secondary schools usually have clinics, and if you are under 29 you can see if there is a youth Huddle near you.

Prescriptions

When will I be prescribed hormones? Usually at the second doctor or nurse practitioner appointment. At this visit they will review your lab work and sign the consent forms with you. There are situations where it may take more than two appointments.

How will I get my first prescription? Prescriptions are faxed directly to your pharmacy of choice.

How long will my prescription last? Your prescription will provide enough medication until your next appointment in 3-4 months.

Who do I call for my prescription refill if I run out? Call your pharmacy directly, they will fax us a refill request. We have 1 doctor or nurse practitioner working 3 days a week who can do refills, please allow time for your request to be looked at as same-day requests can't always be accommodated.

Refills are usually provided unless you miss appointments or lab work and didn't reschedule. If we can't give a refill, your pharmacy will be sent a note asking them to ask you to book something first.

What if my prescription is an injection (needle)? The nurse will teach you, and any support people, how to do the injections.

When will I get my first hormone injection? After your 2nd doctor or nurse practitioner visit you will need time to go to the pharmacy to get your prescription and **you** will book an appointment with the nurse for a few days or week later to learn how to do the injection.

Do I need to do lab work before I get a new prescription or refill? In the first year, you will need to do lab work before your follow up appointments. After the first year you do not need lab work as often.

Do I need to see a doctor or nurse practitioner after my lab work? Every time you do lab work, you need a follow-up appointment. They will review your labs and ask about how you are feeling and the changes you have seen (positive and negative). Medication is adjusted based on the lab work, how you are feeling, and your goals.

How do you transfer the prescription to my doctor? We will fax a letter to your primary care provider with the details of your current prescription. It includes what lab tests need to be done, and how often. It also encourages them to e-consult or fax us if they have any questions about adjusting your prescriptions.

What if my doctor refuses to do these prescriptions? Unfortunately, there are still people who are not able to provide inclusive, respectful, and affirming healthcare. In these cases, you can look for a new doctor or nurse practitioner and consider submitting a complaint to the College of Physicians and Surgeons of Manitoba, or the College of Registered Nurses of Manitoba.

Our physicians and nurse practitioners are available by e-consult (fastest) or fax to consult with other healthcare providers who have questions about gender affirming hormone prescriptions.

Our peer support worker is available to support you with connecting to a primary care provider, or submitting a complaint, please call them at 204-784-4016 or book an appointment with them by calling the front desk.

Call 204-784-4090 to book a phone appointment with our peer support workers or social workers if you have any questions.

Please visit our website for more information:

- The *Welcome Package* has additional information and resources**
- The *Injection Guide* shows the steps of giving yourself a needle if that applies to you**