

Prescriptions FAQ

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 3-4 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 every 3-4 months before your follow up appointments. After the first year, you do lab work once a year.

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, social workers, or nurses if you have any questions.