

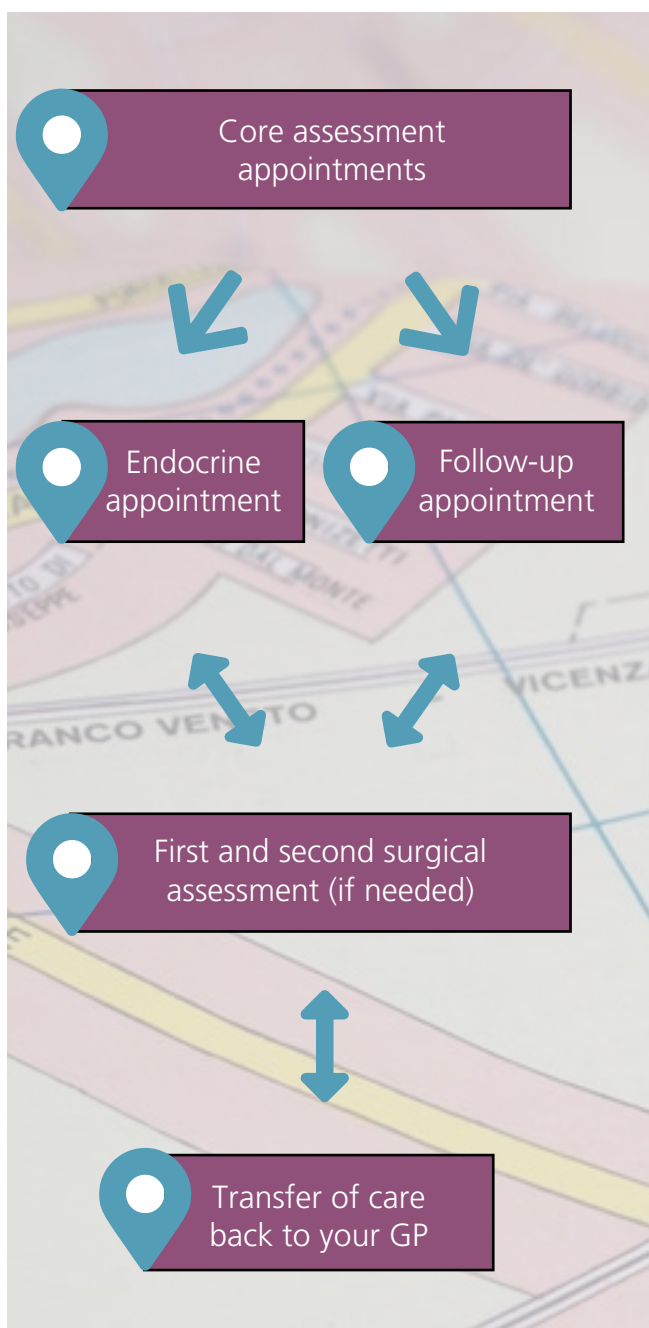


# Your journey at the GLC

## Every journey is different

At the London Gender Identity Clinic, our aim is to support you throughout your time with us. This leaflet gives an overview of the process at each appointment and what you can expect.

Please note this is a general guide: all assessment and treatment will vary depending upon the individual.



### Who do we see?

Our service provides gender care to a large range of people, including trans men, trans women, non-binary people, and people with other gender identities who are seeking help with issues related to gender. We accept referrals regardless of how people feel about their gender identity, and whether or not they have plans to transition.

Our patients have diverse needs and goals. This may include accessing hormones and surgeries, helping non-binary people to achieve their specific goals, providing voice therapy and coaching so that patients can develop their authentic voice, and to support patients in psychological therapy around gender-related issues, such as exploring gender identity or plans for transition.

### Additional Services

We also offer specialist counselling psychology and speech and language therapy either as one-to-one sessions or in group. You can enquire about any of these services at your appointment.

We can directly refer appropriate patients to:

- Counselling psychology
- Endocrinology (hormones)
- Facial hair removal
- Feminising genital surgery
- Masculinising chest surgery
- Masculinising genital surgery
- Removal of the womb and ovaries
- Speech and language therapy



# Your journey at the GIC

## Core assessments

These involve getting to know you and sharing information about our services. We will also talk about your expectations and ours. If you would like to physically transition, we may discuss hormones. We will also signpost you to other sources of support.

Future appointments will review changes that have occurred since you attended your last appointment at the GIC, and could include endorsement for hormone therapy or surgeries.

For those people who wish to transition socially, we will generally consider hormones after this has been done, with a deed-poll and change of ID, as well as a change of social role.

When both hormones and surgeries are desired, surgery usually follows hormones. Of course, not everyone is the same and we will always discuss your unique requirements. When there is less research and clinical experience of your situation and requirements, extra assessment will be needed.

Appointments often include discussion of your gender and personal history, medical and psychiatric history, current/past convictions, current medication, and/or other professionals involved in your care. Clinicians may also discuss any physical health monitoring and family/early life relationships. Even though some questions maybe of a sensitive nature, we need to discuss these things with you so that you can be given the best possible care.

## Endocrine (hormones) appointment

Depending on your medical history and your initial assessment, it may be necessary for you to see the endocrine (hormones) team. If so, we will contact you directly. This is in addition to your core appointments. At the appointment your medical and endocrine history will be taken. The doctor or nurse may ask for your consent to physically examine you. The reasons for examination will

be explained to you by the endocrine doctor or nurse, and a chaperone will be present. Hormone therapy will be discussed with you, including expected changes and important facts about safety and monitoring.

## Surgical assessment

After a first (and possible second) surgical assessment, you may be referred to surgery.

Chest surgery requires at least one assessment appointment. Genital surgery will require at least two assessment appointments. In more complex cases for either type of surgery, three appointments may be needed.

Once consensus has been reached, you will then be referred to surgery.

## Transfer of care back to your GP

When you have had all of the treatment you wish to have, or that we are able to provide, you will be referred back to your GP. They will need to manage your hormones and blood tests if you have started hormones.

If you have been referred to surgery, you will remain with our service but not be offered any routine appointments. If you wish to be seen during this time, please contact the clinic directly asking for an appointment. Once your surgery has been complete, we will transfer your care back to your GP.

If any future appointments are needed following discharge, you can be re-referred through your GP or make a self-referral back to the clinic, within a year of your last appointment, by contacting us directly.

## Find this information online

Visit <https://gic.nhs.uk/your-journey>



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