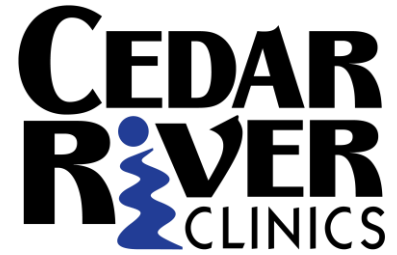


Provider Hormone Therapy Monitoring Cheat Sheet



www.CedarRiverClinics.org/TransToolkit

Note: Starting doses and titration schedule should be tailored to patient health history.

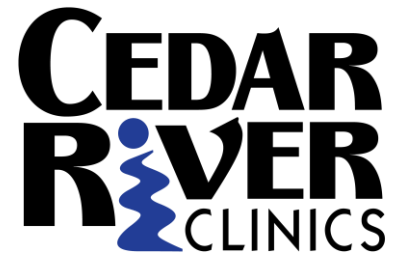
FEMINIZING PROTOCOL

	No Orchiectomy		Orchiectomy	Lab Value Goals
	Start	Titrate To		
Estrogen	Sublingual: 1 mg BID Patch: 0.1 mg/24 hrs, 2x/wk SQ/IM: 5-10 mg q week	Sublingual: 2 mg BID (max 6 mg/day in low risk patients) Patch: 0.2 mg/24 hrs, 2x/wk SQ/IM: 8-16 mg q week (only titrate up if needed)	Tailor to patient; lower dose may be acceptable	Total Testosterone < 55 ng/dL
Spironolactone	50 mg BID	100 mg BID	None	Estradiol 200 pg/mL
Finasteride	2.5 mg daily Only if significant hair loss	5 mg daily	None	

	Initial	1 Mo	3 Mo	6 Mo	9 Mo	Annually	Annually
Labs	Fasting	Non-Fasting	Non-Fasting	Non-Fasting	Non-Fasting	Fasting	Fasting
Essential	CMP, Lipid	K, Cr, T, E	K, Cr, T, E	K, Cr	K, Cr	CMP, Lipid	CMP, Lipid
Preferred	T, E			T, E	T, E	T, E	T, E
Meds	E 1 mg BID S 50 mg BID +/- F 2.5 mg +/- ASA 81 mg	E 2 mg BID S 100 mg BID +/- F 5 mg +/- ASA 81 mg	PRN	PRN	PRN	PRN	PRN
Exam	Basic No pelvic	PRN	PRN	PRN	PRN	Annual Breast Pelvic PRN	Annual Breast Pelvic PRN

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Provider Hormone Therapy Monitoring Cheat Sheet



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Note: Starting doses and titration schedule should be tailored to patient health history.

MASCULINIZING PROTOCOL

	No Oophorectomy		Oophorectomy	Lab Value Goals
	Start	Titrate To		
Testosterone	SQ/IM: 50 mg q week 1% gel: 5 g daily in AM Patch: 1 patch q PM Cream: 1 g/day 5% (50 mg)	SQ/IM: 100 mg q week 1% gel: 10 g daily in AM Patch: 2 patches q PM Cream: 1 g/day 10% (100 mg)	Tailor to patient; lower dose may be acceptable	Total Testosterone 350-700 ng/dL (mid cycle)
Finasteride	2.5 mg daily Only if significant hair loss	5 mg daily	5 mg daily	Estradiol not routinely monitored

	Initial	1 Mo	3 Mo	6 Mo	12 Mo
Labs	Fasting		Non-Fasting	Non-Fasting	Fasting
Essential	CMP, Lipid, CBC			CBC, T	CMP, Lipid, CBC
Preferred	T		T		T
Meds	0.25 mL q wk (50 mg)	0.5 mL q wk (100 mg)	PRN	PRN	Reduce dose at 2 yrs if well tolerated
Exam	Basic No pelvic	PRN	PRN	PRN	Annual Chest Pelvic PRN Pap PRN

AFTER ONE YEAR, VISIT SCHEDULE IS Q 6 TO 12 MONTHS

REFERENCE RANGES (PACLAB)

Take a gestalt- and physiology-based approach when determining whether to reference female or male values.

Lab	Male/FTM	Female/MTF
HGB	13.2 to 17 g/dL	11.3 to 15.5 g/dL
Hct	39 to 50%	34 to 46%
RBC	4.2 to 5.7 M/uL	3.7 to 5.10 M/uL
Testosterone, Free	9 to 30 ng/dL Older age: Low end	0.3 to 1.9 ng/dL
Testosterone, Total	Teens: 100-1200 ng/dL Adults: 240-950 ng/dL	Teens: 20-75 ng/dL Adults: 8-60 ng/dL
Estradiol	0 to 56 pg/mL	Varies within menstrual cycle. For purposes of HT, normal range for a young healthy trans woman is 200 pg/mL. Lower levels acceptable in older trans women.

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