

Visit and Lab Schedule Cheat Sheet



FEMINIZING CARE SCHEDULE

For patients assigned **male** at birth and identify as **female**

	Initial	1 Mo	3 Mo	6 Mo	9 Mo	At 12 Months then Yearly
Labs	Fasting	Non-Fasting	Non-Fasting	Non-Fasting	Non-Fasting	Fasting
Essential	CMP, Lipid	K, Cr, T, E	K, Cr, T, E	K, Cr	K, Cr	CMP, Lipid, Prolactin
Preferred	T, E			T, E	T, E	T, E
Exam	Basic exam No pelvic exam	PRN	PRN	PRN	PRN	Basic exam Breast exam Pelvic exam PRN

MASCULINIZING CARE SCHEDULE

For patients assigned **female** at birth and identify as **male**

	Initial	1 Mo	3 Mo	6 Mo	At 12 Months then Yearly
Labs	Fasting	Non-Fasting	Non-Fasting	Non-Fasting	Fasting
Essential	CMP, Lipid, CBC			CBC, T	CMP, Lipid, CBC
Preferred	T	T	T		T
Exam	Basic exam No pelvic exam	PRN	PRN	PRN	Basic exam Chest exam Pelvic exam PRN Pap if indicated

Key:

- K = potassium
- Cr = creatinine
- T = testosterone
- E = estradiol

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