

# Pediatric and Adolescent Gender Program Referral Guidelines (up to age 20 years)

Patient prepubertal  
No breast buds or testicular volume <4cc. If exam causes significant dysphoria, labs can be used instead

Yes

No

- Patient and family will have initial visit with our NP
- No medical intervention at this time
- Offer ongoing emotional and social support
- Encourage family to establish care with therapist if not already

- Patient and family will have initial visit with our NP, clinical psychologist and social worker (plan for a minimum 3 hr visit)
- **Puberty blockers and gender affirming hormone therapy are not prescribed at the first visit. Timing depends on a variety of factors.**
- Encourage family to establish care with therapist if not already
  - **We do require a letter from a mental health provider prior to starting gender affirming hormone therapy**
- Menstrual suppression can be addressed at initial visit if applicable

## Pubertal Blockers (GnRH analogs)

- An individual must be in puberty (at least Tanner 2) to start puberty blockers

## Gender affirming hormone therapy (such as testosterone or estradiol)

- Typically started in late/post puberty. Earliest age typically 13.5 to 14 yrs

Note: Our gender clinic program is unable to provide long term mental health therapy