**Discharge Letter: Feminizing hormone therapy**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dear patient,

You were referred to our Endocrinology Clinic for assessment of your **feminizing hormone therapy**. At this time, you no longer need follow-up at our clinic.

This letter includes details about your current hormone therapy and care instructions. Please follow up with your primary care provider. They will also receive a report with this information.

**Current hormone therapy**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Make sure you continue your hormone therapy if you had your testicles removed.

**Care instructions**

Make sure you get the following exams and tests are done through your family doctor’s office:

1. Once a year: Weight, blood pressure, and blood tests including lipid profile, HbA1c
   * Estradiol
   * Total testosterone
   * Prolactin
2. Cancer screening based on your age (including mammograms if you have been on estrogen for 5 years or more, and are age 50 or older)
3. Bone density test: when you are over 65 years or earlier if you have a high-risk of bone loss (for example, stopping hormone therapy after your testicles were removed)

If you want to stop or change your hormone therapy, discuss with your primary care provider whether you need a referral back to an endocrinologist for further assessment.