

## PRESCRIBING/MONITORING OF MEDICATIONS FOR GENDER DYSPHORIA

NHS Scotland Trans Healthcare is currently provided through Gender identity clinics of which there are four clinics available in Scotland. The nearest clinic to Lanarkshire is Glasgow Sandyford GIC. Referral can be via GP or self-referral.

[Gender Identity Clinics \(scot.nhs.uk\)](https://www.scot.nhs.uk)

Gender identity clinics are multi-disciplinary NHS clinics consisting of doctors, nurses and psychologists, and cover issues such as fertility preservation, psychological support, medication, and surgery.

Unfortunately, these clinics cannot keep pace with the growing demand for these services and the average waiting times are currently more than three years. As GPs, we feel this is an unacceptable level of service, and we continue to campaign for more equitable care for the transgender community. This would involve not only more timely access to specialist care, but also continued resources to fund and train GPs to maintain prescribing and monitoring.

As a result of these long NHS waiting times, people are seeking private treatment, mainly through on-line providers. Many private transgender clinics will initiate medication but then request that further prescriptions and monitoring are accessed from the GP.

As a practice, we have carefully considered these requests and unfortunately, we cannot support the prescribing and monitoring of transgender medications from private clinics. There are several reasons for this:

1. It is challenging for us to be assured of the quality and governance aspects of private clinics.
2. These are specialist medications which need to be shared between GPs and specialists, and there is no guarantee of enduring specialist care within the private sector.
3. General practice does not currently have the capacity to meet this additional demand from the private sector.

We are aware that this is not the outcome you would like to achieve, and we are sorry that you are struggling to access the care you need.

If you would like to contact your MSP to highlight the issues raised in this letter, here is some information which will help you do this:

[Current and previous Members of the Scottish Parliament \(MSPs\) | Scottish Parliament Website](#)

In the meantime, please do not hesitate to contact your usual GP for any other physical or psychological issue.