

09 February 2026

GP prescribing guidance for cross sex hormone

Under the Freedom of Information Act 2000 I am requesting the following information.

Please advise what national or international guideline were used by the Brackenburn Gender Clinic to produce prescribing guidance for GPs e.g. shared care agreements, directed/ local enhanced services or prescribing guidelines. This includes advice given to GPs on prescribing oestrogen or testosterone (drug preparations and dose titration), blood monitoring and monitoring for adverse effects.

Currently within Northern Ireland GPs do not routinely prescribe cross sex hormones. People requiring cross sex hormones are referred to Endocrinology in Belfast Health and Social Care Trust (BHSCT).

There are no National guidelines in the UK and no shared care agreements in NI. There are Endocrine Society guidelines and UpToDate guidance (international) but use would be at the discretion of the individual clinician.