

# Gender Identity Clinic

## What to Expect



A guide for people referred to the  
Gender Identity Clinic

# I have been referred to the Gender Identity Clinic, what happens next?

Once you have been to see your GP and they have referred you to the Gender Identity Clinic (GIC) you will be placed on a waiting list until an appointment at the clinic is available.

This might take a while as there are a lot of people waiting. Hopefully this fact sheet and the film will help you understand more about the clinic, and at the end we list some places you can go for support while you are on the waiting list, and after.

Once there is an appointment available, someone will get in touch with you to arrange a time for you to go in to meet with the clinician who may be a doctor, nurse or psychologist.

You will most likely have a phone call to organise this meeting. The person who will phone you works for the GIC and will be discreet and sensitive. However if you do not like speaking on the phone, they may send a text or a letter.

If you are unable to make the appointment that has been arranged please let us know as soon as possible. We will try our best to find another appointment for you and offer this to someone else on the waiting list.

# How long can I expect to wait for an appointment?

The waiting times for an appointment with the Gender Identity Clinic will vary depending on the number of people who are waiting and staff availability.

When you are referred to the clinic you will receive a letter that estimates how long the wait might be. The clinic may also publish some information on its website.

In the film you saw Lara talk about her experience waiting for an appointment at the GIC. This can be an anxious and unsettling wait.

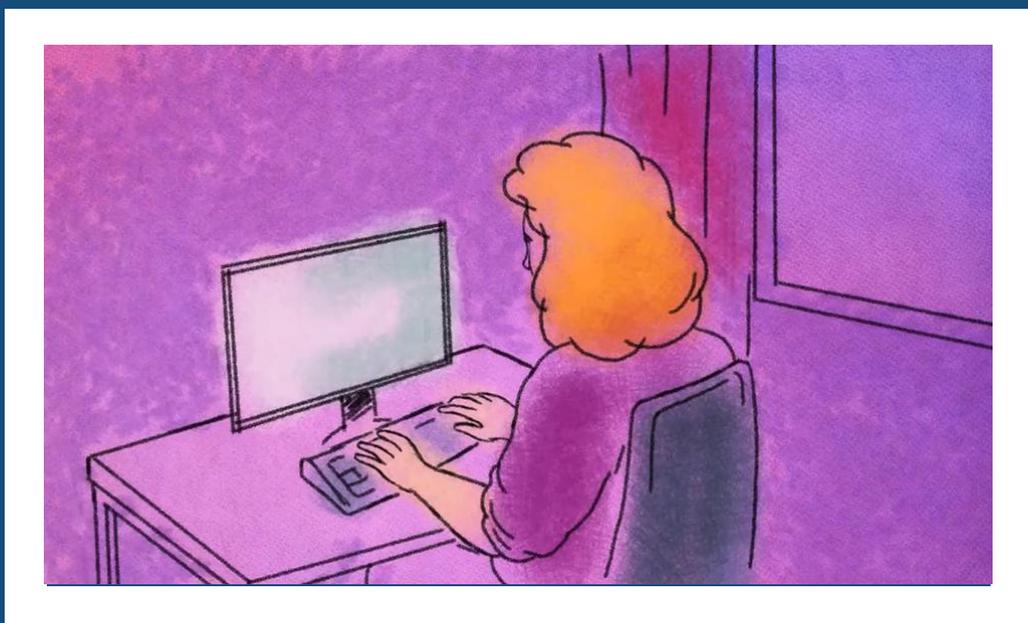
Whilst you are waiting you may wish to prepare for your appointment including thinking about what questions you would like to ask, writing or drawing your feelings or other things you want to get across, using online support or attending support groups to meet people who have had similar experiences. At the end of this booklet there is a list of places that offer support.

# What should I expect for my first appointment?

In the film we saw Lara attending her first appointment at the Gender Identity Clinic. Lara was nervous but had written some questions down she wanted to ask, and a few points she wanted to remember to tell her clinician.

The first appointment you have at the clinic will be a chance for you to tell the clinician about yourself and to consider some of the ways the clinic might be able to help you. It might help to write things down that you find it hard to talk about or are worried about forgetting.

Most people have more than one initial appointment. You will not be rushed and it's important that you and your clinician build a relationship so that you can get to know each other and consider how they can best help you.



# What different options might I be given?

In the film we saw Ellis looking ahead to the different options they had discussed with their clinician after a few appointments at the clinic. Everyone has different expectations and needs and you will be able to work out a plan with your clinician that is suitable for you.

They might talk to you about transition, hormones, speech and language therapy, fertility preservation or even surgery. Don't worry though you will not be expected to make any decisions until you are ready.

Fertility preservation means thinking about whether you might want your own biological children in the future. It is good to think about this early on, but remember it is just one of many ways of forming your family.

You might decide you would like to start taking hormones and your clinician can help you explore the different options for this.

Some people are interested in support with changing their voice. Other services include facial hair removal and wigs.

You may want to find out more about surgery and what options are available.

# What might the future hold for me after I have started to attend the clinic?

Everybody's journey is different and there might be a whole range of outcomes after attending the clinic.

You might attend the clinic for a short period of time, or you might visit regularly for a longer amount of time, it really depends on you and what decisions you have made.



# Where can I go for more support?

## National Organisations

LGBT Youth

Visit: [LGBTyouth.org.uk](https://lgbtyouth.org.uk)

LGBT Health and Wellbeing

Visit: [LGBThealth.org.uk](https://lgbthealth.org.uk)

Scottish Trans Alliance

Visit: [Scottishtrans.org](https://scottishtrans.org)

National Gender Identity Clinical Network Scotland (NGICNS)

Visit: [NGICNS.scot.nhs.uk](https://ngicns.scot.nhs.uk)

Stonewall Scotland

Visit: [Stonewallscotland.org.uk](https://stonewallscotland.org.uk)

Trans Masculine Scotland

Email: [Transmasculinescotland@gmail.com](mailto:Transmasculinescotland@gmail.com)

# Where can I go for more support?

## Support in Lothian

Edinburgh Trans Women

Visit: [edinburghtranswomen.org.uk](http://edinburghtranswomen.org.uk)

TransparenTsees

Email: [TransparenTsees@gmail.com](mailto:TransparenTsees@gmail.com)

Beyond Gender

Email: [beyondgender@lgbtyouth.org.uk](mailto:beyondgender@lgbtyouth.org.uk)

T-Time

Visit: [LGBThealth.org.uk](http://LGBThealth.org.uk)

## Support in Fife

Pink Saltire

Email: [info@pinksaltire.com](mailto:info@pinksaltire.com)

Transgender Fife

Email: [transgenderfife@outlook.com](mailto:transgenderfife@outlook.com)

## Support in the Scottish Borders

LGBT Borders

Email: [lgbtborders@gmail.com](mailto:lgbtborders@gmail.com)

# Gender Identity Clinic

[services.nhslothian.scot/GIC](https://services.nhslothian.scot/GIC)

