

Trans Healthcare UK Guide

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Trans Healthcare UK Guide is an ongoing, collaborative project to produce the most comprehensive recourse possible on what trans healthcare is and how to get it. This is not a politically neutral project, the authors are clear about their political positions when it comes to trans healthcare and will advocate for them. However, we aim to present all possible information about all possible routes of transition as neutrally as possible, so **you**, the reader, can make up your own mind. There is a lot of information here, and most of it won't be applicable to you. If you want to know more about this project, how to read this guide, our politics, and how to get involved, continue reading. If not, head straight to the transmasc or transfem introduction and we'll try and guide you through. Happy transitioning!!

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Feminising Guide

This section of the guide is intended for individuals who seek to feminise their body in any way. This will obviously largely be [transfeminine](#) people, and as such this section of the guide is written primarily for an audience of [AMAB](#) transfems, however there may be parts applicable to some [transmascs](#), and not all parts of this guide will be applicable to all transfems - feel free to skip sections that refer to changes you are not interested in.

TIP

There is a huge wealth of possible medical transition paths available to you, involving almost infinite combinations of different regimens and procedures - and you should go down whatever path is right for you

Hormones

Terminology

AFAB

Assigned Female At Birth - someone born with typical female secondary sex characteristics assumed at birth to be female.

AMAB

Assigned Male At Birth - someone born with typical male secondary sex characteristics assumed at birth to be male.

Transfeminine

Someone [assigned male at birth](#) who is taking changes to present more feminine.

Transmasculine

Somone [assigned female at birth](#) who is taking changes to present more masculine.