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This information in this guide does not apply to all people who are aged under 18.

Contents:

- 1. What is a bridging prescription?**
- 2. Who can get a bridging prescription?**
- 3. How to ask for a bridging prescription**
- 4. What to do if your GP refuses to give you a bridging prescription**
- 5. Self-advocacy tips**
- 6. Bridging prescriptions and patient rights**
- 7. List of resources**

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4. **Option 4: Make a complaint.** If you are not satisfied with the service of a building
prescription, but are ill in hospital, you can complain to them.

You can make a complaint to the manager of your GP surgery, who is effective

GP page. The information you need will be on the website of
your GP surgery.

You can also make a complaint to the Patient Advice and Liaison Service (PALS).

You may also see an [NHS complaint advice](#) or a local health advice or
help to make a complaint.

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and know your rights. You do not have to answer questions that
feel inappropriate or uncomfortable. You can ask your GP to provide a copy of
your referral and to document whether or not you are. When possible, if you
do not have a referral in an appointment and make a note of this in your diary.

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If a GP asks for a referral from another doctor, he can contact the
Taslock and Pollock GIC at gic.endocrine@nh.uk or the Nan PI
pilot scheme at ca@nanpi.nhs.uk.

5. Your GP can prescribe 'unlicensed' medication (which most hormone replacement therapy is) and will need to do so anyway once recommended by a gender clinic.

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[Surgical Intervention\) Service](#)

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[e vice for General Practitioners and other health care aff](#)

7. List of resources

- Template letter for GPs
- Resources for GPs
- Baseline blood tests

Template Letter for GPs

*This is a letter designed for use with your GP and contains guidance that was up-to-date as of November 2022. Using this template letter is not a guarantee that your GP will provide you with a bridging prescription. If you use this letter, make sure to edit the **[bold, bracketed text]**.*

You can email this to your GP in advance of an appointment to discuss starting a bridging prescription, with 'For the attention of [Your GP]' in the subject line. If you don't have your GP or surgeon's email, you can call your GP surgery or submit an appointment request to appointments@nhs.uk to schedule an appointment in advance of an appointment.

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Administrative Support for Surgeries with Trans Patients:

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Where to Learn More and Get Advice:

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Trans Health Clinics

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