

Questions for trans, non-binary, and gender non-conforming persons

Your gender identity and expression are important parts of who you are — and your healthcare provider should be able to support you with knowledge, respect, and care. If you're looking for a provider who understands trans, non-binary, and gender non-conforming (TNB) experiences, here are some questions you might ask when you're getting to know them.

These can be asked in person, virtually, or over the phone — and you don't have to go it alone. Bring a friend, take notes, and take your time. Here are some questions to consider:



Do you have experience providing care for trans, non-binary, and/or gender non-conforming patients/clients?



Do you have established relationships with trans knowledgeable pharmacies?



How do you recommend navigating the recurring shortages of injectable testosterone?



Are you comfortable with the concepts of pronouns, gender identity/modality, and gender expression?



What is your experience with sexual health care for trans and non-binary persons?



I have been thinking about legal name and gender marker changes on ID, chest binding, and other forms of social transitioning. Can you help me figure out where to start?



I am interested in starting testosterone and/or exploring gender-affirming surgeries. Can you help me through those processes, including aftercare?



Can we talk about reproductive health or fertility options such as egg freezing, non-gestational surrogacy, before I start hormones or have surgery?



I'm a trans man who has receptive (bottom) anal sex. Can you help me understand how to take PrEP 2-1-1 and whether I should be using Descovy (TAF) which has a lower dose of tenofovir, or TDF with a higher dose of tenofovir?

RESOURCES:

- 1 Gay Men's Sexual Health Alliance. Get PRIMED. [Internet]. 2025. [cited 2025 June 18]. Available from: <https://getprimed.ca/>
- 2 Gay Men's Sexual Health Alliance. Nambiar D, Fernandez, CC. Pre-Exposure (PrEP) prophylaxis for Two-Spirit, Gay, Bi, Trans, Queer men: Everything you need to know about PrEP. [Internet]. 2024. [cited 2025 June 18]. Available from: <https://gmsh.ca/wp-content/uploads/2024/11/FAQ-on-Everything-You-want-to-know-about-PrEP-1.pdf> and, <https://gmsh.ca/wp-content/uploads/2024/11/PrEP-for-2SGBTQ-men-PowerPoint-1.pdf>
- 3 Gay Men's Sexual Health Alliance. Nambiar D, Goodridge J. Finding and Building a Therapeutic Relationship with your Healthcare Provider. [Internet]. 2022. [cited 2025 June 18]. Available from: <https://gmsh.ca/wp-content/uploads/2022/09/GMSH-Finding-A-HCP-E-2022.pdf>
- 4 Foria Clinic. Udy D. Sexual Health Guide for trans and non-binary people. [Internet]. 2023. [cited 2025 June 16]. Available from: <https://a-us.storyblok.com/f/1014959/x/aaa0b470e3/foria-sexual-health-guide.pdf>

