

BCCH LUPRON DEPOT® PROGRAM FOR GENDER DYSPHORIA

Lupron is an injectable medication that suppresses puberty. It has been used for several years to treat precocious puberty. Your endocrinologist has recommended this treatment for your child as they explore their gender expression. The links below provide a copy of our Lupron consent forms:

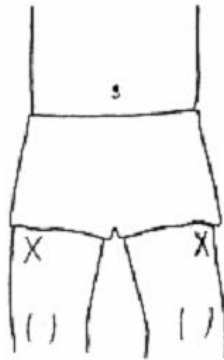
- natal males: www.bcchildrens.ca/endocrinology-diabetes-site/documents/translupronnm.pdf
- natal females: www.bcchildrens.ca/endocrinology-diabetes-site/documents/translupronnf.pdf

You can find more information and gender resources on our website at:

www.bcchildrens.ca/health-info/coping-support/transgender-resources

USING LUPRON DEPOT®:

Administration: The medication is given by intramuscular injection, preferably into the vastus lateralis (mid-thigh, lateral aspect; see diagram below). The kit comes supplied with a longer needle than is needed for adults. **Please request a shorter needle** from your nurse or doctor (usually 23-gauge, 1-inch). Some like to use EMLA® at least an hour prior to the injection to prevent feeling the "poke". Some choose to cool the site briefly with an icepack wrapped in paper towel.



Schedule: The injection is prescribed on a strict schedule every 3-4 weeks (or every 13 weeks for the 3-monthly version). Changing the schedule 2-3 days would not be of concern, but irregular administration may actually accelerate puberty. You will require a blood test just before your fourth injection. **The blood test is done just before the regular injection** to measure the hormone levels as the medication starts to "wear off".

Cost: Lupron Depot® is approximately \$425 for the 7.5-mg kit, with one kit being used every 3-4 weeks. The 3-monthly formulation is about \$1150 for the 11.25-mg kit. It is paid for in a similar way to any other prescription medication used by your family. **You must enroll your family for Fair Pharmacare to work out your yearly deductible.** To

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register online or check out whether you are registered visit: www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover/fair-pharmacare-plan. Information brochures are also available in all pharmacies. MSP Premium Assistance is a program available to families with an Adjusted Net Income under \$24,000. Application is made through the BC Medical Services Plan. Website: www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/premiums/regular-premium-assistance.

STEPS FOR GETTING STARTED:

1. Prior to starting treatment, please clarify any payment/insurance issues. Verify that your extended benefits insurer will cover Lupron Depot® 3.75 mg (DIN 00884502) or 7.5 mg (DIN 00836273) every 3-4 weeks or 11.25 mg (DIN 02239834) every 13 weeks. **If your insurance company requires a letter from your Endocrinologist, please fax your doctor directly at 604-875-3231 and give him/her all relevant information: insurance company name, contact person, fax number, your group number, ID number, and your child's dependent number.**
2. The medication may be obtained most conveniently from your local pharmacy. Ensure adequate supply, since missing a dose is detrimental to your child.
3. Arrange for administration of the medicine. If you would like your family doctor to give the medicine, you will need to discuss this with him/her and book appointments according to the schedule recommended by the Endocrinologist. Take your Lupron kit with you and any other information that you have received. Your family doctor may not have received the written summary of your child's most recent visit to the endocrinologist and is welcome to telephone to clarify any details. Some families eventually learn to give the injection themselves. After the first injection, call the Endocrine Nurse to review the schedule and to book your follow-up appointment with the clinic and testing room. Follow up is expected to be about every 6 months.

WHAT TO EXPECT AFTER THE FIRST INJECTION:

You may experience a temporary increase in pubertal signs in the first 6 weeks after the first injection. This is normal and will reverse once the medication levels stabilize.

Rarely, an ingredient that makes the medication last longer can cause an allergic reaction. Contact your doctor the next business day if you notice redness and swelling at the site of the injection.

If you have other questions or concerns please call the Endocrine Clinic Nurse or Endocrinologist.

Endocrine Clinic Nurses, Endocrinology & Diabetes Unit:

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