

Date 08/05/2025
Your Ref
Our Ref 9983

Enquiries to Richard Mutch
Extension 35687
Direct Line 0131 465 5687
loth.freedomofinformation@nhs.scot
richard.mutch@nhs.scot

Dear

FREEDOM OF INFORMATION - HORMONE REPLACEMENT

I write in response to your request for information in relation to hormone replacement therapy.

Question:

- Per the Freedom of Information (Scotland) Act 2002, I would like to ask **what harm reduction policies you have in place for transgender/non-binary people who are taking hormone replacement therapy without a prescription or medical supervision (commonly known as "DIY HRT")**. This harm reduction can often include, among others, taking and monitoring blood samples at regular intervals.

NHS Scotland published the NHS Scotland Gender Identity Healthcare Protocol (attached) which states that "[m]easures to support people [self-sourcing medication], based upon the principles of harm reduction, are encouraged" (p.17), but I can't find any specific policy for NHS Lothian.

Answer:

I am advised that there is no NHS Lothian policy in relation to this. As per Section 17 of the Freedom of Information (Scotland) Act 2002 formally I must advise that we do not hold this information.

I am sorry I cannot help further with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at www.itspublicknowledge.info/Appeal. If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

Headquarters
Mainpoint
102 West Port
Edinburgh EH3 9DN

Chair Professor John Connaghan CBE
Chief Executive Professor Caroline Hiscox
Lothian NHS Board is the common name of Lothian Health Board

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhsllothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive