

DIY HRT

General information:

Hairloss prevention:

Finasteride 1mg / day +Minoxidil
ask you doctor, just don't mention tranny things
DIY available at: https://hrtcafe.net/Other_Meds/finasteride.html

Unit conversion:

testosterone: 1 ng/dl = 0.01 µg/l = 0.0347 nmol/l
estrogen: 1 pg/ml = 1ng/l = 3.671 pmol/l
milli = m* = 10⁻³ = 0.001
micro = µ* = 10⁻⁶ = 0.000001
nano = n* = 10⁻⁹ = 0.000000001
pico = p* = 10⁻¹² = 0.000000000001
mol = amount = how many molecules
g = mass = how much weight
g/mol is specific to each molecule!

How to buy crypto currency:

<https://flcts.eu/crypto-guide/>
<https://teahrt.com/crypto-payment-guide/>
<https://astrovials.com/#FAQ>

FTM:

Informative websites:

<https://diyhrt.wiki/transmasc>
<https://old.reddit.com/r/TransDIY/> (+wiki/index)
<https://www.ftmguide.org/>
<https://www.steroidal.com/>

Sourcing websites:

<https://roidbazaar.me/>
<https://purplepandalabs.io/list>
<https://www.dragonordnance.com/>
<https://www.eroids.com/reviews/>

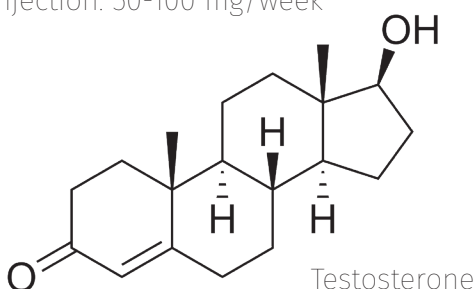
Target values:

total testosterone (T): 300-1000 ng/dl
= normal male range

estradiol (E2): < 70pg/ml
normal male range is 25 – 50 pg/ml
there is little you can do about E

Testosterone: drugs and dosages:

gel: 5-10 mg/day, hard to come by
patch: 2.5-5 mg/day. hard to come by
injection: 50-100 mg/week



MTF:

Informative websites:

<https://diyhrt.wiki/transfem>
<https://hrtcafe.net/>
<https://old.reddit.com/r/TransDIY/> (+wiki/index)
<https://boards.4chan.org/lgbt/> hrt diy thread
<https://transfemscience.org/>
<https://transfemscience.org/misc/injectable-e2-si-mulator/>
<https://old.reddit.com/r/estrogel/>

Sourcing websites:

<https://hrtcafe.net/>
<https://hrt.coffee/>

Target values:

total testosterone (T): < 50 ng/dl
it's important to get low enough

estradiol (E2): > 100 pg/ml
higher values aren't really a problem

Drugs and dosages:

17β-estradiol (+blocker):

patch: always wear 2x100mg at the same time
oral: just don't. but if you must: 6±2 mg/day
gel: 2-4 mg/12h
injection: timestep depends on ester, 2 mg/week

Blocker: cyproterone acetate:

oral: 5-12.5 mg/day
use a pill cutter
max. 12.5 mg! not for the rest of your life!
if you prioritize your transition

Blocker: bicalutamide :

oral: 50-100 mg/day
does not actually lower T!
if you prioritize your health

Blocker: GnRH agonists:

injections: follow medical instructions
if you have money

Or just E monotherapy:

target estradiol levels: > 200-300 pg/ml
-> double/triple your dosage -> injection

