

Trans and gender-diverse people living with IBD

Key points

- Trans and gender diverse people have the right to respectful, inclusive IBD care.
- Sharing information about your anatomy and any gender-affirming surgeries helps your team provide safer, more appropriate care.
- If you're taking gender-affirming hormone therapy, let your gastroenterologist know and keep all members of your healthcare team across your current medications.
- IBD can affect mental health and social wellbeing. Trans and gender diverse people may carry additional pressures. Community connection and affirming support matters.

Gender, Anatomy and Healthcare

Your healthcare providers should use your correct name and pronouns, record your gender accurately, ask questions about your anatomy only when clinically necessary and clearly explain the need for any examinations or procedures.

Sharing clear information about your medical history, gender and anatomy can help your healthcare professionals provide safer, more affirming, and appropriate IBD care.

What if examinations or procedures feel distressing?

Some IBD assessments involve physical examinations of the anus or genitals. If these examinations feel distressing or dysphoria-inducing, you can tell your IBD team ahead of the procedure.

You can ask for the examination to be explained clearly, take slowly, paused or stopped at any time, done with a support person present, or done by a clinician of a particular gender where possible. You have the right to ask questions and share any concerns before, throughout and after the procedure.

IBD medications and gender-affirming hormone therapy

Some trans and gender diverse people take gender affirming hormone therapies, including:

- puberty blockers

- testosterone
- oestrogen, and
- other gender-affirming hormone options.

To learn more about gender-affirming hormone therapy, see the [TransHub webpage on hormones](#) or [the fact sheets available from Transcend](#).

IBD treatment often involves medications such as steroids, biologics, or other immune-modifying medicines. Starting a new medication can raise important questions about potential side effects or drug interactions. If you are taking gender-affirming hormones, it's helpful to let your gastroenterologist and GP know.

Practical steps that may help with this include:

- Keeping an up-to-date medication list on your phone or in a written care plan (such as our [management plan](#))
- Asking your gastroenterologist or pharmacist directly whether there are any interactions between your IBD medications and gender-affirming hormones
- Making sure each member of your healthcare team knows what medications you are currently taking.

How do I find an affirming IBD service?

Some signs that a healthcare service may be more welcoming and informed include:

- Visible signs of inclusion such as rainbow stickers, flags, or affirming staff lanyards
- Forms that include space for your pronouns, affirmed name, and non-binary gender options
- Staff who can explain what training or policies they have in place around inclusion
- Willingness to discuss how your gender and anatomy may affect IBD care in a respectful way

More information about trans and gender diverse people living with IBD, mental health, social health, gender dysphoria, toilet access and rights is available through the QR code.

For help or information

Scan QR code for website:

Phone: 1800 138 029

