

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

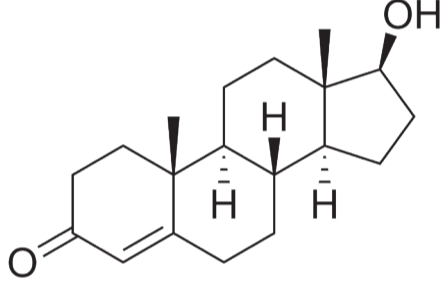
there is little you can do about E

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



Testosterone

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-simulator/>

<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:

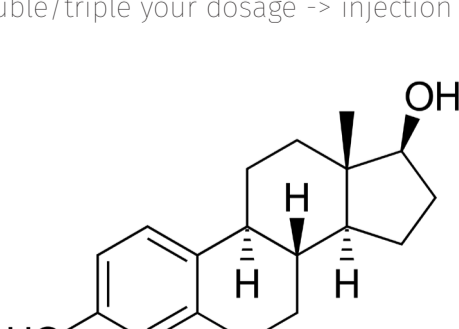
injections: follow medical instructions

if you have money

Or just E monotherapy:

target estradiol levels: > 200-300 pg/ml

-> double/triple your dosage -> injection



Estrogen