

HEALTH RESOURCE GUIDE

Trans Healthcare

A DIY Approach

Navigating hormones, harm reduction, and community care
when traditional systems fall short.

Why DIY Healthcare?

Barriers to Care

- Criminalization
- Long waitlists (months to years)
- High cost / no insurance coverage
- Fear of discrimination or outing
- Geographic isolation
- Gatekeeping & invasive requirements

What DIY Can Offer

- Agency over your own body
- Access when systems fail
- Community-sourced knowledge
- Reduced dependency on gatekeepers
- Low cost
- Non-conventional paths

The Steps

DIY doesn't mean unsafe. It means informed, intentional, and community-supported.

01

Finding Your Community

Find people you trust. People with a dedication to the project and ideally relevant skills.

02

Aquire Ingredients

Some ingredients are common and innocuous, others should be approached with more caution.

03

Prepare a Sanitary Workspace

Levels of precaution will depend on what you're making, but can generally be kept in the vicinity of professional compounding pharmacies.

04

Document Everything

This is science after all, the scientific method applies here. Keep notes, supplies, and finished product separate when possible.

05

The Cook

The fun part.

06

Distribution

Distribute the knowledge widely, the product securely, while reaching the most vulnerable groups when possible.

Understanding Compounding

✦ What You Should Know For The Cook

- Industry-Standard Hygiene and Sterilization Practices
- Each Ingredient and What It Does
- Time-Commitment
- Shelf-Life Of Ingredients and Finished Product

✦ Resources

- Compounding Sterile Preparations (textbook)
- IJPC (compounding pharmacy journal)
- Sigma Aldrich
- Community Resources (hrtcafe.net, [r/transdiy](https://www.reddit.com/r/transdiy))

Can This Be Done Safely?

Table 4-1.
Terminal Sterilization*

Sterilization Method	Specifications	Advantages	Disadvantages
Dry heat	180 °C for 30 min or 170 °C for 1 hr 160 °C for 2 hr	Destroys pyrogens	Heat sensitivity
Moist heat	Pressure: 15 lb/sq inch Temperature: 121 °C	Uses biological indicator to verify sufficient heat/pressure	Heat/moisture sensitivity
Autoclave, gravity sterilizer	Time: 15 min		
Filtration	0.2 µm Numerous fiber/size and load specifications	Filter integrity test, verifies filter did not rupture	Filter must be certified for volume and filtrate load
Gamma irradiation	~25 kGy; requires very high radiation to be effective	Containers and packaging may remain intact	Not good for some, heat sensitive
Ethylene oxide/nitrous oxide, hydrogen peroxide fog	Depending on gas used different saturation and permeation	Less invasive, good for heat sensitive but has compatibility issues	Requires tight wrap to avoid leaks, contaminates adjacent areas

*See Chapter 17 for a more detailed review.

◆ Clean Room

- Bubble
- Air Filtration
- Laminar Airflow Hood

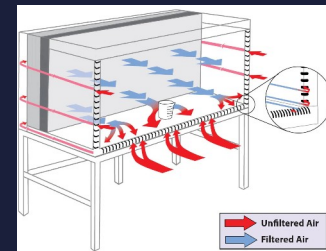
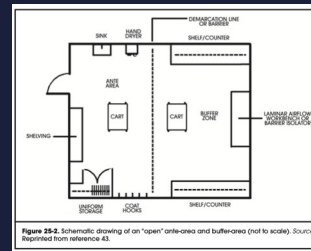
Source: Compounding Sterile Preparations

◆ Terminal Sterilization

- Filtration to .2 microns
- Autoclave

Table 25-1.
ISO Classification of Particulate Matter in Room Air as Limits in Particles 0.5 Microns and Larger per Cubic Meter (Current ISO) and Cubic Feet (Former FS 209E)

ISO Class	Class Name	Particle Counts Per	
	U.S. FS209E	ISO, m ³	FS209E, ft ³
3	Class 1	35.2	1
4	Class 10	352	10
5	Class 100	3,520	100
6	Class 1,000	35,200	1,000



What You'll Most Likely Need

Plan ahead for success.

1

A crew

~3-5 People who have an occasional weekend to sacrifice. Helpful but not required skills include chemistry, construction, medicine, familiarity with drugs and cryptocurrency.

3

Lab Equipment

Very innocuous items including a hotplate stirrer, glassware, filters, autoclave. (~\$1000 one-time purchase)

5

Lab chemicals

Innocuous chemicals used frequently in high school chemistry and up. Legal to purchase but practices should still be observed. (\$500+)

2

A space

A dedicated space kept clean from contaminants. Can be large, like a spare bedroom for a cleanroom bubble or smaller for a laminar flow hood. (~\$1000 either way)

4

Raws

Raw estrogen or testosterone powder. Cost varies but probably minimum \$600+.

6

Testing

Raws, finished product, and bloodwork can all be tested. Harm reduction labs and free clinics are a resource. International labs can be more legally permissive. (\$0-\$1000)

Sourcing DIY Hormones Safely

Darknet Markets

The same darknet markets used to purchase psychoactive drugs also have hormones, but usually not “raws”. Deal exclusively in cryptocurrency. Extensive community support.

Greynet Stores

Stores online who sell hormones, including raws. Don't require prescription or institutional backing, deal primarily but not exclusively in cryptocurrency.

International Chemical Manufacturers

Some will check for institutional backing, others will not. Scams abound. Sometimes will deal in cryptocurrency, many will not.

Domestic Chemical Manufacturers

Will always require institutional backing. Will not deal in cryptocurrency.

Resources

Web

- hrtcafe.net
- [Reddit \(r/transDIY, r/estrogel\)](#)
- diyhrt.wiki
- [CrimeThinc: Producing Transdermal Estrogen](#)

Institutional

- [IJPC \(Compounding Pharmacy Journal\)](#)
- [Compounding Sterile Preparations \(textbook\)](#)
- [WPATH Standards of Care](#)

Lab Testing

- harmreductionlab.com/drug-checking-directory-1
- [Kykeon Analytics](#)
- [Quest Diagnostics](#)

Informative zines will be available after the talk.

Our bodies belong to us.

We keep us safe. Trans people have existed longer than doctors.

Knowledge is power. Community is strength. Trans joy is real.



Tinyurl.com/
mablesbakery

⚠️ DISCLAIMER: This presentation is for informational and harm-reduction purposes only. It is not medical advice. Consult a healthcare provider when possible. No medical decision is without risk — please research thoroughly and monitor your health.