Sublingual Estradiol Versus Oral Estradiol in Transgender Women

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Protocol Summary

Primary aim. **To establish the pharmacokinetics of sublingual estradiol versus oral estradiol.**

Secondary aim. **To compare estradiol by LC-MS/MS to estradiol by immunoassay.**

Design: To illuminate the pharmacokinetic parameters of sublingual estradiol in transgender women, a pilot crossover study will be conducted. Ten participants, transgender male-to-female patients who are naïve to hormone therapy, will be recruited from the Medical College of Wisconsin's Inclusion Health Clinic.

Methods: Each participant will be dosed with 1 mg oral estradiol. Blood will be drawn via a percutaneous intravenous catheter at hours 0,1,2,3,4,6,8. A wash-out period of at least one week will allow for complete clearance of the exogenous oral estradiol before testing the pharmacokinetics of sublingual estradiol 1 mg on the same ten patients in the same manner. Estradiol and estrone by LC-MS/MS will be measured, as well as estradiol by immunoassay. These will be sent to ARUP.