

The College of Physicians & Surgeons of Alberta (CPSA) provides advice to Albertans to support improved patient care and safety. This advice does not define a standard of practice, nor should it be interpreted as legal advice.

These documents are dynamic and may be edited or updated for clarity at any time. Please refer back to these articles regularly to ensure you are aware of the most recent advice.

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## Introduction

Gender-affirming care is health care that supports people whose gender feels different from the sex they were given at birth. This can include talking with healthcare providers, mental health support or medical care in some cases.

The Alberta government has made changes to the law about some types of gender-affirming care for minor patients under 18 years of age. In 2024, a rule came into place that no longer allows physicians to perform sex reassignment surgery on minors.

Other rules about hormone treatments did not start right away. These rules came into effect on Jan. 7, 2026 and limit when certain hormone treatments, such as puberty blockers or hormone therapy, can be prescribed to minors.

The College of Physicians & Surgeons of Alberta (CPSA) helps make sure physicians provide safe, respectful and professional care. CPSA also works to make sure physicians are aware of their responsibilities under Alberta laws and CPSA [Standards of Practice](#).

We will continue to follow these changes closely and will update this document as new information becomes available.

## **What is gender-affirming care?**

Gender-affirming care is healthcare that supports a person whose gender feels different from the sex they were given at birth.

This can include:

- talking with a physician or counsellor
- mental health support
- medical care in some cases

## **What are the new rules?**

The new rules mean healthcare providers cannot perform sex reassignment surgery to minors or prescribe certain medications for puberty suppression or hormone replacement therapy to treat gender dysphoria or gender incongruence.

However, there is a rule that allows for hormone therapy for minors in certain specific situations that will be explained below.

## **Can minors start hormone treatment now?**

Only minors who are 16 or 17 years of age and have all the necessary approvals may.

### **What approvals are needed?**

To start hormone therapy for the treatment of gender dysphoria or gender incongruence, a minor who is 16 or 17 years of age must have **all three** of the following:

1. consent of a parent/guardian;
2. approval by a physician registered with CPSA and authorized to practice medicine in Alberta; and
3. approval by a psychologist registered with the [College of Alberta Psychologists](#) and authorized to practice in Alberta.

### **What about minors who have already started hormone therapy?**

A minor who already had a prescription for hormone therapy for the treatment of gender dysphoria or gender incongruence **before** Jan. 7, 2026 can continue treatment.

### **What if treatment started outside Alberta?**

Yes: if a minor began hormone treatment while living outside of Alberta, they can continue treatment if they move to Alberta.

### **What about minors with disorders of sex development?**

Minors diagnosed with a disorder of sex development can be prescribed hormone therapy even if they don't have a diagnosis of gender dysphoria or gender incongruence.

### **Can prescriptions be refilled or adjusted?**

Yes: existing prescriptions can be renewed or adjusted.

However, physicians cannot change the type of hormone therapy (for example, switching from a puberty blocker to hormone therapy) unless the patient is 16 or 17 years of age and has all the approvals listed earlier in this document.

### **Does this affect adults?**

No: these rules only apply for children and teens under 18 years of age.

### **Can CPSA make an exception to these rules?**

No: CPSA must follow the law and must make sure physicians are aware of their responsibilities under the new law. Only the Minister of Health can make exceptions.

### **Have more questions?**

Your healthcare provider can help explain how these new rules apply to your situation.

You can also email [support@cpsa.ca](mailto:support@cpsa.ca) or call 1-800-561-3899 to talk to a CPSA team member if you have questions about CPSA's role in gender-affirming care.