



Oral Minoxidil

Product leaflet: Information for the user

Read this leaflet carefully before you start taking this medicine, it contains important information on Oral Minoxidil 2.5mg, how to use it and how to get the best results. If you have any further questions, please ask your doctor or pharmacist.

This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours. If you get any side effects, talk to your doctor, pharmacist, or nurse. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

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1. What is Oral Minoxidil and what it is used for

Oral Minoxidil is an oral capsule form of the popular topical hair growth stimulant, Minoxidil.

Oral Minoxidil is considered to be a safe and alternative treatment to Topical Minoxidil for those who can't take Topical Minoxidil due to side effects such as scalp irritation/redness/itch or headaches.

Please note: Oral Minoxidil for hair loss is an 'off-license' use of Minoxidil, i.e. it is being used for a purpose other than for which it is specifically licensed. Minoxidil was originally formulated and is still used today as an oral capsule to treat high blood pressure at much higher doses than is used to treat male pattern hair loss. It is increasingly being used to treat hair loss as research suggests it has similar efficacy and good safety profile.

Advice on what off-license /off-label means is available at: <https://www.ouh.nhs.uk/patient-guide/leaflets/files/12048Punlicensed.pdf>

2. What you need to know before you take Oral Minoxidil

This medication contains Minoxidil, which belongs to a group of medication called vasodilators. It relaxes blood vessels so that blood passes through them more freely. For hair loss, this helps improve blood flow to the scalp and provide more nutrients to hair. The exact mechanism is unknown, but it causes shortening of telogen phase and lengthening anagen phase as well as vasodilation.

Do not take Oral Minoxidil if:

- You are allergic to Minoxidil, Lactose or any of its ingredients (see below)
- You have a history of pheochromocytoma
- You are on dialysis or have a history of renal failure

Warnings and Precautions:

- We do not recommend taking oral Minoxidil to treat hair loss if you have a history of a heart attack or heart failure.
- Hypertension - whilst Oral Minoxidil is used to treat hypertension at higher doses, in the interest of patient safety, we do not recommend Minoxidil 2.5mg for hair loss in these groups without specialist consultation.

Driving and using machines
Minoxidil 2.5mg capsules may make you feel faint or dizzy, particularly when you first start treatment. If affected do not drive or operate machines.

Pregnancy and breast feeding
Minoxidil 2.5mg capsules for hair loss are not intended for female use. Minoxidil can pass into the breast milk. They should not be taken by anyone who is pregnant or breast feeding.

3. How to take Oral Minoxidil

When treating male pattern hair loss, the recommended dose is Minoxidil 2.5mg (one capsule) taken once daily, with or without food.

Please note: Oral Minoxidil is used in different strengths for females and at higher doses for treating high blood pressure. Do not alter from 2.5mg recommended dosage for treating male pattern hair loss. 2.5mg capsules should not be taken by females.

How long before I start seeing results

As hair growth is a slow process, it can take several months before results become apparent.

Hair typically grows at an average of 1cm per month so we suggest it would suggest it would take approximately 6 months to notice significant progress with optimal results after 12 months.

Improvements include both an improvement in hair quality and quantity, however it is important to note that cessation of further hair loss is the baseline expectation.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although most people do not get them. Side effects with Oral Minoxidil are mostly at higher doses than used to treat hair loss, however, can affect anyone. Research suggests that side effects resolve on cessation of Minoxidil.

Possible side effects may include:

- Fluid retention/oedema
- Hair growth in other parts of the body
- Tachycardia – fast heart rate
- Light-headedness/postural hypotension
- Headaches

You may notice some initial increased shedding on using Oral Minoxidil at first. This is due to increased turnover of shedding old hairs to make way for thicker healthier hairs. This is an expected feature of treatment and should settle down with up to 2 months of continuous use. If this hair loss continues for longer than this, you should consult with your doctor.

Stop taking Oral Minoxidil and talk to your doctor if you experience:

- Faintness or dizziness
- Rapid or irregular heartbeat
- Chest pain

- Low blood pressure
- Sudden unexplained weight gain

Rare side effects include: nausea, liver dysfunction, menorrhagia, chest pain, acne.

The list of possible side effects is not exhaustive. Please speak to your doctor or pharmacist if you get any other possible side effects or have concerns about your treatment.

If you are seeing ongoing deterioration of hair loss following 6-12 months of treatment, you may be a non-responder and it may not be beneficial to continue to use it. If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

Reporting side effects

If you get any side effects, talk to your doctor, pharmacist, or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme Website: www.mhra.gov.uk/yellowcard or search for the MHRA Yellow Card App.

5. How to take Oral Minoxidil

Keep this medicine out of the sight and reach of children. Do not use this medicine after the expiry date which is stated on the carton and blister after EXP.

The expiry date refers to the last day of that month. Store below 25°C.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

Each pack contains ninety 2.5mg Minoxidil capsules.

The active substance is Minoxidil. Other ingredients are lactose hydrous, microcrystalline cellulose, starch, colloidal silicon dioxide and magnesium stearate.

What Minoxidil 2.5mg looks like and the contents of the pack

Minoxidil 2.5mg are presented in a transparent capsule with white powder.

Manufacturer

Manufactured by Xeal Pharma

Unit 13, Vauxhall Trading Estate, Birmingham B7 4RA, United Kingdom under MS: 46688 for Careforsons Limited of 4-5 Gough Square, London, EC4A 3DE

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Got a question?

Feel free to get in touch at medical@sons.co.uk

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