



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

1. What Oral Minoxidil and what it is used for
2. What you need to know before you take Oral Minoxidil
3. How to take Oral Minoxidil
4. Possible side effects
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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

Last updated December 2022

Got a question?

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

Scan for further information:





Package leaflet: Information for the user

Finasteride 1 mg film-coated tablets

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, 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 this leaflet

1. What Finasteride is and what it is used for
2. What you need to know before you take Finasteride
3. How to take Finasteride
4. Possible side effects
5. How to store Finasteride
6. Contents of the pack and other information

1. What Finasteride is and what it is used for

- Finasteride 1 mg film-coated tablets contain a medicine called finasteride.
- Finasteride is used for the treatment of male pattern hair loss (also known as androgenetic alopecia). If after reading this leaflet, you have any questions about male pattern hair loss, ask your doctor.
- Male pattern hair loss is a common condition thought to be caused by a combination of genetic factors and a particular hormone, called dihydrotestosterone (DHT). DHT contributes to shortening of the growth phase of the hair and to thinning of the hair.
- In the scalp, finasteride specifically lowers the levels of DHT by blocking an enzyme (Type II 5-alpha reductase) that converts testosterone to DHT. Only men with mild to moderate, but not complete hair loss, can expect to benefit from the use of Finasteride. Finasteride increases hair growth on the scalp and prevents further hair loss in men.

2. What you need to know before you take Finasteride

Do not take Finasteride:

- If you are allergic to finasteride or any of the other ingredients of this medicine (listed in section 6).
- If you are a woman (because this medicine is for men, see Pregnancy). It has been shown in clinical trials that finasteride does not work in women with hair loss.
- If you are already taking finasteride or dutasteride used for a prostate problem called benign prostatic hyperplasia (BPH).

Warnings and precautions

Talk to your doctor or pharmacist before taking Finasteride.

- Finasteride should not be taken by children and teenagers under the age of 18 years.
- Check with your doctor or pharmacist before taking your medicine if you are going to have a blood test for prostate cancer called PSA (prostate-specific antigen). This is because Finasteride can affect the result of this test.
- Finasteride may affect male fertility (see section 4: Possible side effects). Patients who are planning to father

a child should consider stopping treatment.

- You should promptly report to your doctor any changes in your breast tissue such as lumps, pain, enlargement of the breast tissue or nipple discharge as these may be signs of a serious condition, such as breast cancer.
- Tell your doctor or pharmacist about any medical problems you have or have had, and about any allergies.

Mood alterations and depression

Mood alterations such as depressed mood, depression and, less frequently, suicidal thoughts have been reported in patients treated with Finasteride. If you experience any of these symptoms stop taking Finasteride and contact your doctor for further medical advice as soon as possible.

Other medicines and Finasteride

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Do not take Finasteride if you are already taking finasteride or dutasteride, used for a prostate problem called benign prostatic hyperplasia (BPH).

Finasteride with food and drink and alcohol

Finasteride can be taken with or without food.

Pregnancy, breast-feeding and fertility

- **Women must not use Finasteride due to the risk in pregnancy.**
- **Do not touch crushed or broken tablets of Finasteride if you are a woman who is pregnant or planning to become pregnant.**
- If the active ingredient in Finasteride is absorbed after oral use or through the skin by a woman who is pregnant with a male baby, this may cause the male baby to be born with abnormalities of the sex organs.
- If a woman who is pregnant comes into contact with the active ingredient in Finasteride, a doctor should be consulted.
- Finasteride tablets are coated and will prevent contact with the active ingredient during normal use.

If your sexual partner is or may be pregnant, you must avoid exposing her to your semen (e.g. by using a condom).

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Driving and using machines

Finasteride is not expected to or known to affect your ability to drive or operate machinery.

Finasteride contains lactose

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Sodium content

This medicine contains less than 1 mmol sodium (23 mg) per film-coated tablet, that is to say essentially 'sodium-free'.

Using other medicine for male pattern hair loss with Finasteride

No information is available about the use of finasteride with minoxidil, another type of medicine for male pattern hair loss which is applied to the head.

3. How to take Finasteride

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

- The usual dose is one tablet each day.
- The tablets can be taken with or without food.
- Finasteride will not work faster or better if you take it more than once a day.

Your doctor will help you to determine if Finasteride is working for you. It is

important to take Finasteride for as long as your doctor prescribes it. Finasteride can only work over the long term if you continue taking it.

If you take more Finasteride than you should

If you take too many tablets by mistake, talk to your doctor promptly.

If you forget to take Finasteride

Do not take a double dose to make up for a forgotten dose. Skip the missed dose and take the next tablet as directed.

If you stop taking Finasteride

It may take 3 to 6 months for the full effect to develop. It is important to keep taking Finasteride as long as your doctor tells you.

If you stop taking Finasteride, you are likely to lose the hair you have gained within 9 to 12 months.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Some of the side effects are temporary with continued treatment or disappeared when treatment is stopped.

Stop taking Finasteride and talk to your doctor if you experience:

- symptoms of an allergic reaction: swelling of your lips, face, tongue and throat; difficulty swallowing; lumps under your skin (hives) and breathing difficulties. Stop taking Finasteride and talk to your doctor immediately
- depression (feeling of severe sadness and unworthiness)
- you should promptly report to your doctor any changes in your breast tissue such as lumps, pain, enlargement or nipple discharge as these may be signs of a serious condition, such as breast cancer.

Uncommon (may affect up to 1 in 100 people):

- less desire to have sex
- difficulty having an erection
- problems with ejaculation such as a decrease in the amount of semen released.

Frequency not known (frequency cannot be estimated from the available data):

- breast swelling or tenderness
- pain in the testicles
- fast or irregular heart beat (palpitations)
- persistent difficulty having an erection after discontinuation of treatment
- persistent decrease in sex drive after discontinuation of treatment
- persistent problems with ejaculation after discontinuation of treatment
- infertility has been reported in men who took finasteride for long time

and had other risk factors that may affect fertility. Normalisation or improvement of seminal quality has been reported after discontinuation of finasteride. Long-term clinical studies about the effect of finasteride on fertility in men have not been conducted.

- increase in the level of liver enzymes (as seen in blood tests)
- anxiety.

Reporting of 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 MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Finasteride

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.

This medicinal product does not require any special temperature storage conditions.

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

What Finasteride contains

- The active substance is finasteride. Each film-coated tablet contains 1 mg finasteride.
- The other ingredients are:

Tablet core:

lactose monohydrate, maize starch pregelatinised, docusate sodium, iron oxide yellow (E172), sodium starch glycolate (type A), cellulose microcrystalline, silica colloidal anhydrous, magnesium stearate, water purified.

Tablet coat:

hydroxypropyl cellulose, hypromellose, talc, titanium dioxide (E171), iron oxide red (E172), iron oxide yellow (E172).

What Finasteride looks like and contents of the pack

Finasteride tablets are round biconvex red film-coated tablets with a 6.5 mm nominal diameter.

Finasteride film-coated tablets are available in white PVC/PE/PVDC/Aluminium and/or Aluminium/Aluminium blisters. The blisters are packed in cardboard boxes containing

14, 20, 28, 30, 50, 60 or 100 film-coated tablets.

Not all pack sizes may be marketed.

Marketing Authorisation Holder

Careforsons Limited,
2 Upper Wimpole Street,
London, W1G 6LD,
United Kingdom.

Manufacturer

Genepharm S.A. 18 km
Marathon Avenue, 15351
Pallini Attikis, Greece

This leaflet was last revised in November 2019.