

Regaine®

for MEN GEL

MINOXIDIL 2% SCALP GEL
CUTANEOUS GEL TO BE APPLIED TO THE SCALP

- This medicine is used to treat hereditary hair loss in men aged 18 – 65 years.
- Do not apply to other areas of the body other than the scalp. If accidentally applied rinse thoroughly with plenty of water. See *section 2* ▶
- Follow the instructions on how to use this product carefully. See *section 3* ▶
- This product is flammable and should be used and disposed of carefully. See Special Warnings Relating to Regaine for Men Gel. See *section 2* ▶
- This medicine is for external use only and should only be applied to your scalp.

Now read this whole leaflet carefully before you use this medicine. Keep the leaflet: you might need it again.

1 What the medicine is for

Regaine for Men Gel is a medicine used to treat common hereditary hair loss in men aged 18-65 years, by preventing further hair loss and helping hair regrowth. It contains minoxidil which is thought to work by aiding the blood flow to the cells in your scalp which grow hair.

- The medicine is for use in men aged between 18 and 65 years.
- Regaine for Men Gel works best in men with hair loss or thinning at the top of the scalp.
- Those who are younger, have been losing hair for a short period of time or have a small area of baldness are likely to experience the best results.
- You are unlikely to benefit from Regaine for Men Gel if you have been bald for many years or have a large area of hair loss.

Hereditary hair loss is recognisable because:

- Of the pattern of hair loss (see diagrams).
- It starts gradually and progresses.
- You have a family history of hair loss.
- No other symptoms are present with your hair loss.



2 Before using this medicine

This medicine is suitable for most people but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

X Do not use this medicine...

- If you are **under the age of 18 or over the age of 65**.
- If you have had a **bad reaction** to minoxidil, ethanol, propylene glycol, carbomer or diisopropanolamine.
- If you have hair loss caused by **drug treatment**.
- If you have **total baldness or complete loss of all body hair**.
- If the cause of your hair loss is **unknown**, or it is **sudden and unexpected**.
- If you have **high blood pressure**, even if it is not being treated.
- If you have any **condition that affects your scalp**, including sunburn and psoriasis.
- If you have a **shaved scalp**.
- If you are using **creams, ointments or lotions** used to treat scalp conditions, e.g.
 - Dithranol – used to treat psoriasis.
 - Tretinoin – used to treat acne or other skin disorders.
 - Corticosteroids – a type of anti-inflammatory e.g. hydrocortisone.
- If you have any kind of **Dressing or bandage** on your scalp.
- Unless you know that your scalp is **normal and healthy**.

If any of these apply to you, **get advice from a doctor or pharmacist without using Regaine for Men Gel**.

⚠ Talk to your doctor or pharmacist...

- If you are at all unsure whether your scalp is normal and healthy.
- If you suffer from **heart disease**, including abnormal heart rhythms or rates, angina or chest pains and / or circulation disorders.
- If you are taking or using any other medicines including:
 - Certain blood pressure medicines called 'vasodilators' e.g. hydralazine. There is potential risk that minoxidil, the active ingredient in Regaine for Men Gel may interact with these medicines and increase their effect.

If you are not sure about the medicine you are taking or using, show the bottle or pack to your pharmacist.

If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist**.

⚠ If you are pregnant or breast-feeding:

- This product is for men and should not be used by women. It should not be used if you are pregnant or breast-feeding.

⚠ Some of the ingredients can cause problems

- Propylene glycol may cause skin irritation.
- Regaine for Men Gel contains ethanol (alcohol) which will cause burning and irritation if you get it in the eye. If you get Regaine for Men Gel in your eye, mouth or on a cut or damaged skin, wash the area well with lots of cool tap water.

⚠ Special warnings relating to Regaine for Men Gel

- If minoxidil passes into the blood stream it can cause some side-effects related to low blood pressure such as rapid heart

beat, faintness, dizziness or swollen hands and feet. When Regaine for Men Gel is used as recommended, it is extremely unlikely that these effects will occur. However there is a chance the drug could get into the blood stream if it is over used or if there is a scalp condition such as psoriasis present. Therefore it is very important that you use your medicine as recommended and follow the instructions very carefully. See *section 3* ▶

- The gel is flammable. Do not use while smoking or near any naked flame or strong heat source. Avoid exposure of the container and contents to naked flames during use, storage and disposal.
- Avoid contact with the eyes, mouth, broken skin and sensitive areas. If the gel is accidentally applied to areas of the body other than the scalp, rinse thoroughly with plenty of water.
- Do not apply to areas of the body other than the scalp.
- Exceeding the recommended dose will **NOT** re-grow your hair any more quickly and you have an **increased likelihood of getting side-effects**.

3 How to use this medicine

Regaine for Men Gel is for topical and external use only. It should only be applied directly to the scalp area.

- Do not apply to areas of the body other than the scalp.
- Wash your hands thoroughly before and after applying the gel and rinse other areas that have come into contact with the gel.
- Make sure your hair and scalp are completely dry before applying the solution.
- Two presses of the pump will give you a 1 ml dose of gel.

i Daily dose for Adult Men:

Age	Dose
Male Adults aged 18 to 65 years	<ul style="list-style-type: none">■ On a completely dry scalp and hair, apply a 1 ml dose (2 presses of the pump) to the total affected area and immediately spread with your fingers to cover all of the bald areas twice daily.
<ul style="list-style-type: none">■ Leave at least 12 hours between each use.■ Do not exceed 2 ml in a day.■ Do not use more than twice a day.	

A Continued use of Regaine

- You may need to use this medicine twice daily for at least 4 months before you see new hair growth, this is because hair growth is a slow process.
- Hair growth may be soft and downy at the start but should eventually become the same as normal hair.
- Once the hair has begun to regrow, you need to continue using this medicine twice a day for the growth to continue. In clinical trials 2 out of every 5 men reported hair re-growth after 48 weeks of continual use of this product.
- When you stop using the medicine, the hair that has regrown may disappear after 3-4 months and the balding / hair loss process will continue.
- If you have no improvement in your hair growth after one year of use, you should discontinue treatment.
- If at any time during your treatment you are concerned you should consult your doctor or pharmacist.

A If anyone uses too much

Seek immediate medical advice if anyone, including a child, uses too much of this medicine. Take the medicine and container with you.

A If you forget to apply a dose of the gel

If you miss one or two applications just carry on as normal as if you had not missed the dose - **do not use twice as much or twice as often.**

A If you accidentally swallow the gel

If anyone, including a child, swallows any of the gel, take them to a hospital immediately (with Regaine for Men Gel bottle if possible, as the doctor may like to have some idea of how much they have swallowed).

4 Possible side-effects

Regaine for Men Gel can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

If you experience any of the following, stop using the medicine and tell your doctor:

- Low blood pressure.
- Chest pain.
- Rapid heart beat.
- Faintness or dizziness.
- Sudden unexplained weight gain.
- Swollen hands or feet.
- Persistent local redness.

Other effects which may occur include

- Unwanted non-scalp hair has occasionally been reported. Always wash your hands thoroughly after application and if you accidentally apply the gel to parts of the body other than the scalp, rinse thoroughly with plenty of water.
- Scalp irritation such as local redness, itchiness, dryness, flaky skin have all been reported. This may be due to propylene glycol in the product. This is usually only a temporary effect, but if it is persistent you should stop using this product.
- Temporary hair loss may occur during the first 2 - 6 weeks of use. This is likely to be as a result of a change within the growth cycle and it should stop within a couple of weeks. If this hair loss continues for longer than 2 weeks, stop using the product and talk to your doctor.
- Change in hair colour and / or texture may occur.

If you experience any side-effects not included in this leaflet or are unsure of anything, tell your doctor or pharmacist.

5 Storing this medicine

Keep out of the reach and sight of children.

Do not store above 25°C.

Do not use after the expiry date on the box.

This product is flammable, therefore exposure of the container or its contents to naked flames should be avoided. Dispose of this container carefully.

6 Further information

What's in this medicine?

The active substance in 1 ml of Regaine for Men Gel is: Minoxidil 20 mg.

Other ingredients are: Ethanol (alcohol), propylene glycol, carbomer, diisopropanolamine and water.

What the medicine looks like

Regaine for Men Gel is a clear gel contained in a 60 ml bottle, enough for 1 month of treatment. An integral metered pump is included in the pack.

Product Licence holder: McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

Manufacturer: Pfizer Manufacturing Belgium NV, B-2870 Puurs, Belgium.

This leaflet was revised April 2008.

Regaine is a registered trade mark.

FURTHER INFORMATION ABOUT REGAINE FOR MEN GEL

Q If my hair growth is restored using Regaine for Men Gel, what will the new hair look like?

A If you respond to treatment, your initial re-growth may at first be soft, downy ("vellus") hair and may be barely visible. After further treatment, your hair re-growth may change and become the same colour and thickness as the rest of your hair.

Q Is shampooing necessary before applying Regaine for Men Gel?

A No, but if you do choose to shampoo, we recommend the use of a shampoo with a gentle cleansing and conditioning action that does not impede the absorption of Regaine for Men Gel.

Q If I do shampoo, how long must I wait before applying Regaine for Men Gel?

A To be sure the scalp is thoroughly dry, it is recommended that Regaine for Men Gel be applied one hour after shampooing.

Q Can I use a hair dryer with Regaine for Men Gel?

A Yes, but not to dry the solution itself.

Q Can I use common hair styling preparations such as hair gels or hair sprays while using Regaine for Men Gel?

A Yes, but Regaine for Men Gel should be applied to the dry scalp before these other preparations are applied.

Q Can I have my hair dyed or permed?

A Yes, you may; there is no need to change your hair care routine. However, you should tell your hair care professional that you are using Regaine for Men Gel. To minimise breakage of existing hair, just ask that any massaging of your scalp be gentle, and that a comb with widely spaced, round teeth be used to avoid excessive pulling.

Q Can Regaine for Men Gel be used with a sun-blocking agent?

A No. If you are planning to be in the sun after applying Regaine for Men Gel, use headwear.

Q Can I apply Regaine for Men Gel after swimming?

A Yes, as long as hair is dry. However, Regaine for Men Gel should not be applied more frequently than twice daily.

Q How long will each bottle of Regaine for Men Gel last?

A One bottle of Regaine for Men Gel should last for 30 days (one month), if applied twice a day according to directions. As you near the end of a month's supply, you should plan to renew it so that you do not miss a daily application.

