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MINOXIDIL (Rogaine®) – TOP 10 FREQUENTLY ASKED QUESTIONS

1. How does minoxidil work?

- Minoxidil helps to prevent hair thinning and also helps to regenerate dormant hairs.
- It is FDA approved for male and female pattern hair loss but may sometimes be used in other types of hair loss as well.

2. What is the difference between Rogaine® and minoxidil?

- Minoxidil is the generic name of the medication.
- One very popular brand of minoxidil is Rogaine®.
- The only brand available in a FOAM formulation is Rogaine®.
- There is no differences in results expected should one choose minoxidil generic or Rogaine.

3. Should I use the minoxidil liquid or the foam?

- Either is fine as they both work equivalently.
- However, many patients prefer the foam over the lotion.
- For men, the dose is twice daily
- For women, studies show that minoxidil foam ONCE daily is just as good as minoxidil 2 % TWICE daily.

4. How much and how often should minoxidil be used?

- For men the foam is ½ cap twice daily of 1 mL twice daily of the 5 % liquid (lotion)
- For women, the foam formulation should be used one half capful ONCE daily. Should the 2 % minoxidil solution be the preferred formulation, it must be used 1 mL TWICE daily.

5. I am female and noticed on the bottle it says “for men only” – is this the correct one I should be using?

- This is the correct formulation. Men’s Rogaine foam and Women’s Rogaine foam are both 5 %. The men’s packaging has labelling that it is for men only. It is the same medication and dose as in the Women’s Rogaine foam
- For women who wish to use the men’s formulation (and save money), the dose is ½ CAP ONCE daily (not twice).

6. Do I need a prescription?

- No, as of November 2014, a prescription is no longer needed in Canada.
- Simply ask the pharmacist for a bottle of 5 % Rogaine foam.
- If a prescription is asked for by the pharmacy, simply let us know.

7. What are the side effects?

- Side effects including hair shedding in the first 2 months of use, headaches, dizziness, heart palpitations, swelling of the hands and feet (rare)
- For women, hair growth on the face occurs in 5% of users. The medication must not be used during pregnancy. Dr. Donovan will review your particular situation to advise if use in breastfeeding is appropriate or not
- The medication must be used lifelong and hair loss occurs if the medication is stopped

8. How well does Rogaine® work?

- Overall, about 30 % of users significantly benefit.

9. What happens if I stop using it?

- If benefits are achieved and one stops using minoxidil (Rogaine), all the new hairs will be lost in 9 months. In essence, the hair will return back to the way it would have been if minoxidil was not used in the first place.

10. I am female. Can I use if I’m trying to get pregnant?

- Minoxidil must not be using during pregnancy.