

# Regaine®

FOR WOMEN

## ONCE A DAY

Regaine® for Women ONCE A DAY Scalp Foam  
Minoxidil 5%

- This medicine is used to treat female pattern hair loss in women aged 18 – 65 years.
- This product should **only** be used **ONCE A DAY**.
- 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 medicine is for external use only and should only be applied to your scalp.** *See section 3* ▶
- **This product is extremely flammable and should be used and disposed of carefully.** See Special Warning Relating to Regaine® for Women ONCE A DAY Scalp Foam. *See section 2* ▶

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Now read all of this leaflet carefully before you start using this medicine because it contains important information for you. Keep this leaflet. You may need to read it again.

# 1 What the medicine is and what it is used for

Regaine® for Women ONCE A DAY Scalp Foam is a medicine used to treat common female pattern hair loss in women aged 18 – 65 years, by preventing further hair loss and helping hair re-growth. It contains minoxidil, which is thought to work by aiding the blood flow to the hair follicles on your scalp.

- The medicine is for use in **women** aged between **18 and 65 years**.
- Regaine® for Women ONCE A DAY Scalp Foam works best in women who have general hair thinning of the scalp.
- Those who are younger or have been losing hair for a short period of time are likely to experience the best results.
- You are unlikely to benefit from Regaine® for Women ONCE A DAY Scalp Foam if you have been balding/thinning 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 What you need to know before you use 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 male.
- More than ONCE A DAY.
- If you are under the age of 18 or over the age of 65.
- If you are pregnant or breast-feeding.
- If you have ever had a bad reaction to minoxidil or any of the other ingredients.
- 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, is due to childbirth, 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
  - Petrolatum - a common ingredient in hair wax or gel.
- 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 bullet points apply now or in the past, get advice from a doctor or pharmacist before using Regaine®.



## 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. hydrazaline. There is a potential risk that minoxidil, the active ingredient in Regaine® for Women ONCE A DAY 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 now or in the past, talk to a doctor or pharmacist.



## If you are pregnant or breast-feeding:

- This product should **NOT** be used if you are pregnant or breast-feeding.



## Driving and using machines

- Regaine may cause dizziness or low blood pressure. If you experience these side-effects do not drive or operate machinery.



## Some of the ingredients can cause problems

- Regaine® for Women ONCE A DAY Scalp Foam 5% w/w Cutaneous Foam contains ethanol (alcohol), which will cause burning and irritation if you get it in the eye. If you get Regaine® for Women ONCE A DAY Scalp Foam 5% w/w Cutaneous Foam in your eye, mouth or on a cut or damaged skin, wash the area well with lots of cool tap water.
- Cetyl alcohol or stearyl alcohol may cause local skin reactions (e.g. contact dermatitis).

- Butylated hydroxytoluene (E321) may cause local skin reactions (e.g. contact dermatitis), or irritation to the eyes and mucous membranes.



## Special warnings relating to Regaine® for Women ONCE A DAY Scalp Foam 5% w/w Cutaneous Foam

- If minoxidil passes into the blood stream it can cause some side-effects related to low blood pressure such as chest pain, rapid heart beat, faintness, dizziness, swollen hands and feet, persistent redness or irritation of the scalp. If you experience any of these side-effects, stop using the medicine and tell your doctor.

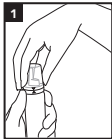
When Regaine® for Women ONCE A DAY Scalp Foam 5% w/w Cutaneous Foam is used as recommended, it is extremely unlikely that these effects will occur. However there is a chance the drug could get into the blood stream if it is over used or if there is a scalp condition such as psoriasis present. Therefore it is very important that you use your medicine as recommended and follow the instructions very carefully. *See section 3* ▶

- Avoid contact with the eyes, mouth, broken skin and sensitive areas. If the foam 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 Women ONCE A DAY Scalp Foam 5% w/w Cutaneous Foam 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 foam and rinse other areas that have come into contact with the foam.
- Make sure your hair and scalp are completely dry before applying the foam.
- **To open container:** Match arrow on can ring with arrow on cap. Pull off cap.
- Hold the can upside down and press nozzle to dispense the foam onto your fingers. The total amount of foam applied should not exceed 1 g (equivalent to the volume of half a capful).
- **The foam may begin to melt on contact if your fingers are warm. Rinse your fingers in cold water first before dispensing. Be sure to dry them thoroughly before handling the foam.**
- Use a comb to part your hair. Remember the foam needs to be applied to your scalp, NOT your hair.
- As you may need to part your hair several times during the application, you may find it convenient to dispense the foam onto a non-absorbent surface, such as a dish or saucer. The total amount of foam applied should not exceed half a cap.
- Within your hair thinning areas, make a centre parting to help maximise scalp exposure. Part your hair at least 2 more times on each side of the centre parting.
- Using your fingertips, spread just enough foam over the hair loss areas and gently massage the foam into the scalp starting from the back to front (forehead) direction. Use until all the foam is gone.
- After each use, thoroughly clean and dry the dish or saucer if used.
- Wash your hands well with soap and water after applying the foam.
- Allow the foam to dry completely, especially if applied before going to bed.
- **To close container:** place cap on container and snap into place. Make sure that the arrows do not line up so that the cap remains child-resistant.



1 OPEN CONTAINER



2 HOLD CAN STRAIGHT  
UPSIDE DOWN



3 PART THE HAIR



4 USE YOUR FINGERS

## **i** Daily dose for Adult Women:

### Age

### Dose

**Female Adults  
aged 18 to 65  
years**

- On a completely dry scalp and hair, apply a dose of 1 g (equivalent to the volume of half a capful) to the total affected area once daily.
- Do **NOT** apply more than ONCE a day.
- Do not exceed 1 g per day.
- This product should NOT be used by men.

## **i** Continued use of Regaine®

- You may need to use this medicine ONCE a day for at least 12 - 24 weeks before you see new hair growth. This is because hair growth is a slow process. Some women may need to use this product for at least 24 weeks before seeing results.
- 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 re-grow, you need to continue using this medicine ONCE daily for the growth to continue.
- Clinical trials on Regaine® Foam efficacy have not been carried out beyond 24 weeks.
- If at any time during your treatment you are concerned you should consult your doctor or pharmacist.
- Do not use more than once a day.
- This product should NOT be used by men.

### 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.

### If you forget to apply a dose of the foam

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

### If you accidentally swallow the solution

If anyone, including a child, swallows any of the foam, take them to a hospital immediately with the Regaine® for Women ONCE A DAY Scalp Foam pack if possible, as the doctor may like to have some idea of how much they have swallowed.

### **Caution: flammable**

The product in this pressurised container is extremely flammable, therefore you should keep it away from heat, hot surfaces, sparks, open flames and other ignition sources. No smoking. Do not spray on an open flame or other ignition source.

Do not pierce or burn, even after use.

Keep out of reach of children.

Protect from sunlight. Do not expose to temperatures exceeding 50°C.





## 4 Possible side-effects

Like all medicines, this medicine can cause side-effects, although not everybody gets them.

**If you experience any of the following, stop using the medicine and seek immediate medical help:**

- Chest pain.
- Swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing.

**If you experience any of the following, stop using the medicine and talk to your doctor:**

- Allergic reactions including swollen face, skin redness or itching or throat tightness.
- Low blood pressure.
- Fast heart beat or an increased awareness of the heart beat (palpitations).
- Faintness or dizziness.
- Swollen hands or feet, shortness of breath, high blood pressure.
- Sudden unexplained weight gain.
- Persistent local redness or rash.

**Other effects which may occur include:**

**Very common (may affect more than 1 in 10 people)**

- Headache.

**Common (may affect up to 1 in 10 people)**

- Itching or dermatitis.
- Unwanted non-scalp hair has been reported (including facial hair growth in women).  
Always wash your hands thoroughly after application and if you accidentally apply the foam to parts of your body other than the scalp, rinse thoroughly with plenty of water.  
Allow sufficient drying time before going to bed.

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

- Nausea.

**Rare (may affect up to 1 in 1,000 people)**

- Change in hair texture may occur. If this happens, you should stop using Regaine.

**Other effects which may occur but it is not known how often:**

- Depressed mood.
- Eye irritation.
- Vomiting
- Scalp irritation such as local redness, dryness, flaky skin have all been reported. This may be due to the hydroxybutylated toluene, cetyl alcohol and / or stearyl alcohol in the product. This is usually only a temporary effect, but if it is persistent you should stop using this product.
- Acne-like rash, itchy rash, blistering, bleeding or ulceration.
- 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 may occur. If this happens, you should stop using Regaine.

If you experience 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-effect directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

## 5 How to store the medicine

Keep out of the sight and reach of children.

Do not store above 25°C.

Do not use after the expiry date on the base of the can. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## 6 Contents of the pack and other information

### What this medicine contains

The active substance in 1 g of Regaine® is minoxidil 50 mg. Other ingredients are: ethanol anhydrous, purified water, butylated hydroxytoluene (E321), lactic acid, citric acid anhydrous, glycerol, cetyl alcohol, stearyl alcohol, polysorbate 60, propane, butane, isobutane.

### What the medicine looks like

Regaine® for Women ONCE A DAY Scalp Foam 5% w/w Cutaneous Foam is a foam contained in a 73 ml (equivalent to 60 g) can, enough for 2 months of treatment. Packs contain 1 or 2 cans.

Product Licence holder:

McNeil Products Limited, High Wycombe,  
HP12 4EG, UK.

Manufacturer:

Janssen-Cilag.

Domaine de Maigremont, 27100, Val de Reuill,  
France

This leaflet was prepared July 2020.

Regaine® is a registered trade mark.



## FURTHER INFORMATION ABOUT REGAINE® FOR WOMEN ONCE A DAY SCALP FOAM

**Q** If my hair growth is restored using Regaine® for Women ONCE A DAY Scalp foam, 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 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 Women ONCE A DAY Scalp Foam?

**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 Women ONCE A DAY Scalp Foam.

**Q** Can I use a hair dryer with Regaine® for Women ONCE A DAY Scalp Foam?

**A** Yes, but not to dry the foam itself.

**Q** Can I use common hair styling preparations such as hair gels or hair sprays while using Regaine® for Women ONCE A DAY Scalp Foam?

**A** Yes, but Regaine® for Women ONCE A DAY Scalp Foam should be applied to the dry scalp before these other preparations are applied.

**Q** Can I have my hair dyed?

**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 Women ONCE A DAY Scalp Foam. 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 Women ONCE A DAY Scalp Foam be used with a sun-blocking agent?

**A** No, if you are planning to be in the sun after applying Regaine® for Women ONCE A DAY Scalp Foam, use headwear.

**Q** Can I apply Regaine® for Women ONCE A DAY Scalp Foam after swimming?

**A** Yes, as long as hair is dry. However, Regaine® for Women ONCE A DAY Scalp Foam should not be applied more than ONCE a day.

**Q** How long will each can of Regaine® for Women ONCE A DAY Scalp Foam last?

**A** One can of Regaine® for Women ONCE A DAY Scalp Foam should last for 60 days (2 months), if applied ONCE a day according to the directions.

As you near the end of the 2 months' supply, you should plan to renew it so that you do not miss a daily application.