

### **Product Information – Dutasteride**

- Minoxidil 5%
- Increases Density
- Activates Follicle Growth
- Powerful inhibitor of DHT conversion used to target androgen related hair loss

#### What is Dutasteride?

Topical dutasteride is a medication that blocks dihydrotestosterone (DHT) and is used to treat male pattern hair loss. It contains the same active ingredient as oral dutasteride but is applied directly to the scalp in a topical form, rather than being taken orally.

Dihydrotestosterone (DHT), a potent androgen hormone, is a primary contributor to male pattern baldness. When DHT binds to androgen receptors in hair follicles, it induces follicle miniaturization, ultimately leading to a cessation of hair production. Dutasteride, a 5-alpha reductase inhibitor (5-ARI), has been shown to slow, stop, and even reverse this process. By inhibiting the conversion of testosterone to DHT through the 5-AR enzyme, Dutasteride reduces DHT levels throughout the body, thereby decreasing hair loss. As a non-surgical treatment option, Dutasteride is regarded as one of the most effective methods for addressing male pattern hair loss.

#### Who can take Dutasteride?

Dutasteride is typically prescribed to adult males who have previously attempted less potent hair loss treatments and are seeking a more effective solution. As a prescription medication, it is only accessible through a licensed healthcare provider or specialized hair loss clinic.

#### Patient Population

Dutasteride is not recommended for:

- Women, as it may interfere with foetal development and child growth
- Children, due to potential harm to developing tissues and organs

However, postmenopausal women may be considered for treatment in limited circumstances under the close supervision of a healthcare provider. It is essential for patients to consult with their doctor before initiating Dutasteride therapy to determine if it is suitable for their individual needs and circumstances.

How do you take Dutasteride?

To apply the Dutasteride Topical Solution, follow these steps:

1. Shake the bottle well before use.
2. Spray 2 sprays of the solution directly onto the affected area of hair loss on the scalp.
3. Repeat the application process twice daily, morning and evening.

Please note: Apply the solution directly onto the scalp, avoiding contact with the eyes, face, or other areas of the body.

#### Dosage Instructions for Oral Administration

The recommended daily dosage is one capsule, to be taken orally once a day.

#### Administration

1. Swallow the capsule whole with a sufficient amount of water.
2. Do not chew or break open the capsule, as this may cause oral or throat irritation.

#### Important Note

Exposure to the contents of the capsule may cause temporary discomfort or irritation of the mouth or throat. Please take necessary precautions to avoid coming into contact with the contents of the capsule.

### What you can expect to see at each stage of the Dutasteride timeline

Your first dose of Dutasteride will lower your DHT levels. But it takes a little longer for this to translate into reduced hair loss and visible regrowth.

#### Dutasteride Treatment Timeline:

##### Early Phase (1-3 months)

- Immediate reduction in dihydrotestosterone (DHT) production, aligning with the hair growth cycle.
- No visible hair regrowth or cessation of hair loss is observed, but some continued hair shedding may occur.

##### Established Phase (3-6 months)

- Early results begin to manifest, with a slowing of hair loss and initial signs of regrowth, particularly on the crown.
- Notable advantages over finasteride are observed by month 6, with more substantial hair growth.

### Maturation Phase (6-9 months)

- Hair loss ceases, and noticeable signs of regrowth become apparent.
- The crown region experiences fuller, denser hair growth.

### Optimal Phase (9-12 months)

- Final results become evident, showcasing significant improvement in hair density and a fuller, denser appearance across the crown.
- The hairline becomes straighter and lower, achieving optimal outcomes.

The results you get from taking Dutasteride will only last as long as you're taking the medication. When you stop taking the drug, hair loss will eventually resume.

### **Dutasteride Side effects**

Common side effects of Dutasteride, a medication used to treat hair loss and prostate enlargement, may include:

#### Common side effects (affecting 1-10% of users):

1. Impotence (erectile dysfunction): Up to 10% of men may experience impotence or erectile dysfunction.
2. Decreased libido: Reduced interest in sexual activity is reported by up to 5% of users.
3. Breast tenderness or swelling: Mild breast tenderness or swelling may occur in up to 5% of individuals.
4. Headache: Mild headaches are experienced by up to 5% of users.
5. Fatigue: Fatigue or weakness is reported by up to 4% of individuals.
6. Dizziness: Light-headedness or dizziness may occur in up to 3% of users.
7. Nausea or vomiting: Mild nausea or vomiting is experienced by up to 3% of individuals.

#### Less common side effects (affecting 0.1-1% of users):

1. Severe allergic reactions: Rarely, severe allergic reactions, including anaphylaxis, have been reported.
2. Priapism: A prolonged and painful erection lasting more than 4 hours has been reported in rare cases.
3. Testicular pain or swelling: Pain or swelling in the testicles is experienced by a small percentage of individuals.

[www.hairdr.co.uk](http://www.hairdr.co.uk)

4. Ejaculation disorders: Problems with ejaculation, such as retrograde ejaculation, have been reported in rare cases.
5. Gynecomastia: In rare cases, Dutasteride may cause the growth of breast tissue in men.

Rare side effects (affecting less than 0.1% of users):

1. Jaundice: Yellowing of the skin and eyes due to liver problems.
2. Hepatitis: Inflammation of the liver has been reported in rare cases.
3. Kidney problems: Rarely, Dutasteride may cause kidney damage or failure.

It is essential to consult with a healthcare professional before starting Dutasteride treatment and discuss any concerns or questions you may have about potential side effects.

**Precautions and Contraindications**

When using Dutasteride for the treatment of benign prostatic hyperplasia (BPH), it is essential to exercise caution and adhere to the following precautions:

Pregnancy and Breastfeeding

- Women who are pregnant or may become pregnant should avoid handling Dutasteride, as there is a theoretical risk of exposure and potential harm to the male foetus.
- Men treated with Dutasteride should not donate blood for at least six months after their final dose to prevent transmission of Dutasteride to a pregnant woman through blood transfusion.

Contraindications

- Men with a known allergy to Dutasteride or any of its ingredients should not use the medication.
- Patients with liver disease should consult with their healthcare provider before initiating Dutasteride therapy.

Drug-Drug Interactions

- Patients taking potent, chronic CYP3A4 enzyme inhibitors (e.g., ritonavir) should exercise caution when administering Dutasteride, as this may increase the risk of adverse effects. It is essential to closely monitor these patients and adjust the dosage or treatment plan as necessary.

## **Storage and Handling**

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Dutasteride-containing products should be stored in a:

- Cool, dry place
- Away from direct sunlight
- Away from heat sources

It is also essential to:

- Regularly check the expiration date on the product packaging
- Discard any medication that has changed in appearance or smell, as this may indicate degradation or contamination of the product.

By following these storage and handling instructions, you can help ensure the potency and efficacy of Dutasteride and maintain its quality over time.