



What is oral **Minoxidil**?

Minoxidil is a blood pressure medication that was found to lead to significant hair growth. It is sold as a topical medication for hair loss OTC as Rogaine as well as other generics and is available as a prescription.

The licensed indication for oral minoxidil is to treat severe hypertension (high blood pressure), that does not respond to first line therapy. Dosing for high blood pressure is 10-40mg daily.

Oral minoxidil is used off-label for hair loss at a dose from 0.25mg-5mg. The exact mechanism by which minoxidil causes hair growth is not yet understood.

Who should NOT take oral minoxidil?

- Patients who are pregnant or trying to conceive
- Patients with underlying kidney, heart, and/or liver problems
- Patient with heart disease, history of heart attacks, chest pain, heart failure, or rhythm problems
- Patients with pheochromocytomas or porphyria

Common side effects

- Headaches
- Ankle edema (swelling)
- Increased hair
- Rashes (including hives)
- Fast heart rate
- Low blood pressure, feeling lightheaded or dizzy

Rare side effects include rhythm problems, fluid around the heart, and low blood pressure.