

PATIENT INFORMATION BOOKLET

Cipla

Tugain[®] Solution

hair gain treatment
with HLK advantage



Spray



Solution

60 ml



↑ Tear Here ↓

1. What is TUGAIN® Solution?

- **TUGAIN® Solution 2/5/10** is a colourless solution containing minoxidil 2%/5%/10%, which helps to regrow hair. It is to be used only on the scalp.
- **TUGAIN® Solution 2** is used for the treatment of androgenetic alopecia/hair loss in men and women, whereas **TUGAIN® Solution 5/10** is used only in men.

2. What is HLK?

HLK means hydrolysed keratin. The HLK in **TUGAIN® Solution** has the following benefits:

- It strengthens the hair shaft of the regrowing hair and makes the hair smooth and glossy.
- It also forms a protective coat on the hair and shields it from dryness and damage due to heat, dust and moisture.

3. Who can use TUGAIN® Solution?

- **TUGAIN® Solution 2** is indicated for the treatment of androgenetic alopecia in men with male pattern baldness and women with female pattern baldness.
- **TUGAIN® Solution 5/10** is indicated for the treatment of androgenetic alopecia only in men.

4. How effective is minoxidil in regrowing hair?

The amount of hair regrowth is different for each person. Not everyone will respond to minoxidil. You may respond better if it has just been a short period since you have been losing your hair, or are experiencing just a little initial hair loss. Your doctor can best decide whether you are likely to respond to treatment with **TUGAIN® Solution**.

5. **How soon can you expect results from using TUGAIN® Solution?**

Since normal hair usually grows only about ½ inch to 1 inch per month, hair growth with **TUGAIN® Solution** will also take time. You will need to continuously use **TUGAIN® Solution** two times a day for at least 4 to 6 months before you notice hair regrowth.

Do note:

- During the first few weeks of use, you may find a temporary increase in hair loss. Don't worry - this is a good sign because it shows that a new hair cycle is beginning and is just part of the process by which **TUGAIN® Solution** regrows hair. But, if this hair loss continues beyond 6 weeks, talk to your doctor.

6. **If TUGAIN® Solution is working, what will the regrown hair look like?**

After 4 to 6 months when you check for results, always look for hair that is fine and very light-coloured - because, at first, this is how the regrowing hair will appear. This is a positive sign and means that **TUGAIN® Solution** is actually stimulating regrowth. With further use, the regrown hair should be the same colour and thickness as the other hair on your scalp.

7. **How many times a day should you use TUGAIN® Solution?**

You have to apply **TUGAIN® Solution** (1 ml dose) twice daily - once in the morning and once at night. At night, allow the solution to dry out completely before going to bed.

8. How and when to use TUGAIN® Solution?

- **TUGAIN® Solution** should be applied to hair and scalp when they are completely dry, dose should be followed as suggested by the doctor.
- Apply 1 ml of **TUGAIN® Solution** twice daily, at an interval of 12 hours, to the hair loss area of the scalp.
- Massage the solution gently into the scalp and wash your hands after application.
- The total daily application dose should not exceed 2 ml.
- **TUGAIN® Solution** should be applied when the hair and scalp are clean and dry.
- For best results, **TUGAIN® Solution** should be allowed to remain on the scalp for about 4 hours before washing. The night time application should be done 2 to 4 hours before going to bed to allow the solution to dry out.

9. How to apply TUGAIN® Solution using the dropper applicator?

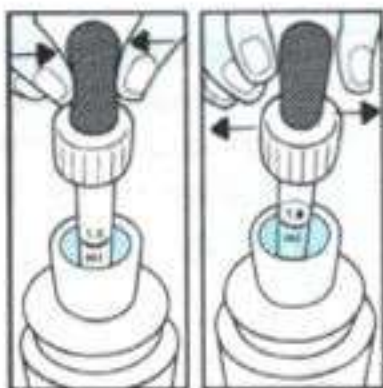
Dropper

1.



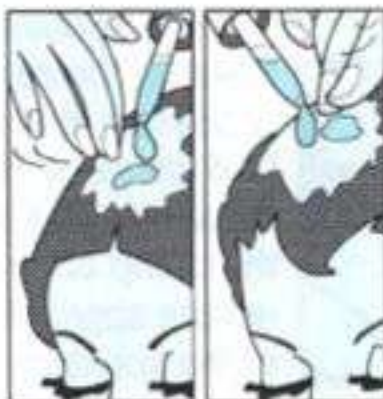
Remove the large outer cap on the **TUGAIN® Solution** bottle, and then remove the inner cap.

2.



Insert the dropper applicator into the bottle and squeeze the rubber bulb. Release the bulb, allowing **TUGAIN® Solution** to fill up to the 1 ml mark.

3.



Gradually pour the solution from the dropper onto the centre of the area where the hair is thin.

4.



Spread it evenly with your fingertips. To prevent the solution from running off the scalp, apply a small amount at a time.

10. How to apply TUGAIN® Solution using the Spray applicator?

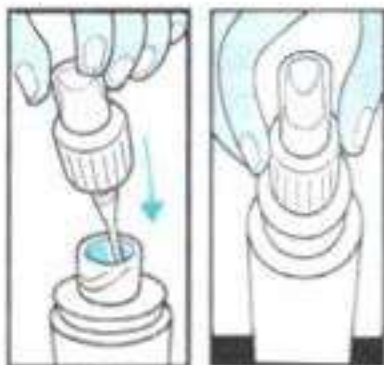
Spray (Works on a large area of baldness)

1.



Remove the large outer cap on the **TUGAIN® Solution** bottle, and then remove the inner cap.

2.



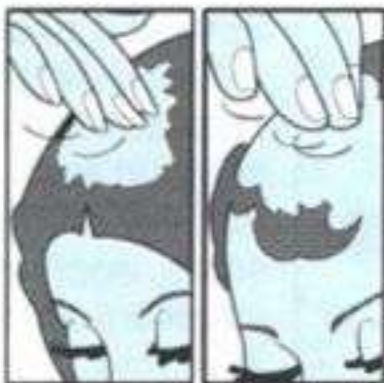
Replace the inner cap with the spray applicator. Screw on the spray applicator firmly.

3.



Aim the applicator towards the centre of the hair loss area (4-6 cm away from the scalp) and press the pump once to release approx. 0.2 ml of the solution.

4.



Spread it evenly with fingertips to cover all of the hair loss area. Repeat for a total of five times, including the first application to achieve a dose of approx. 1 ml.

11. How long do you need to use TUGAIN® Solution?

Hereditary hair loss is a lifelong condition; hence, you will need to continuously use **TUGAIN® Solution** to keep the hair regrowth. So, make it a part of your daily routine, just like brushing your teeth.

12. What happens if you completely stop using TUGAIN® Solution? Will you keep the regrown hair?

As previously mentioned, continuous

use of **TUGAIN® Solution** is needed to maintain hair regrowth. So, if you completely stop using **TUGAIN® Solution**, the normal hair loss process will start again. You will probably lose your regrown hair within 3 to 4 months.

13. What if you forget to use TUGAIN® Solution and miss an application?

If you miss one or two applications of **TUGAIN® Solution**, just continue with the next application. Do not make up for missed applications by either increasing the dose of the next application or applying it more times than directed. But, do note -

for definite and best results, applying **TUGAIN® Solution** every day needs to become a good habit - just like brushing your teeth. So, try these tips:

- To help you stick to the twice-daily routine, try using **TUGAIN® Solution** at the same time every day. For example, in the morning, you could apply **TUGAIN® Solution** before putting on your shoes. At night, you could apply it before dinner.
- You can put up a reminder about using **TUGAIN® Solution** on the mirror that you look at most frequently, be it when combing your hair or dressing up.

14. Can TUGAIN® Solution be used more than two times a day?

Will it work faster or better with more number of applications?

No. **TUGAIN® Solution** will not work faster or better if used more than two times a day. Rather, it may increase the chances of side effects.

15. Can TUGAIN® Solution be used in children or people over 65 years of age?

Not enough clinical evidence is available to support the use of minoxidil solution in children below 18 years of age or people above 65 years of age. Hence, minoxidil solution should not be used in these patients.

16. What should you tell your doctor before using TUGAIN® Solution?

- Tell your doctor about medical problems you have now or had in the past. Inform your doctor if you have any heart problems.
- In case you are on some medications, inform your doctor regarding the medicines you are taking with prescription and also without prescription.
- Some medicines may affect the way others work.
- Your doctor will be able to guide you regarding which medications can be used with **TUGAIN® Solution**.

17. What are the things to be considered while on TUGAIN® Solution therapy?

- Inform your doctor that you are on **TUGAIN® Solution** therapy before undergoing any laboratory tests viz. blood or urine.
- Before taking any medicine inform your doctor that you are using **TUGAIN® Solution**.
- If no improvement in hair growth is observed within 6 months of treatment then consider talking to your doctor, about stopping the treatment.

- Without consulting your doctor, do not change the dose or stop the treatment.
- **TUGAIN® Solution** is for external use only.
- **TUGAIN® Solution** is meant for application on the scalp area only.
- Do not exceed the total dose of 2 ml per day.
- It is not necessary to shampoo your hair before application of **TUGAIN® Solution**. However, if you have shampooed your hair, wait until your hair and scalp are dry. Also, after application, do not use a dryer as it may lower the efficacy of the drug. Let the medicine remain on your scalp for at least 4 hours after application; do not wash it off.
- Avoid contact with the eyes, ears, nose, mouth, and broken or irritated skin. If accidental contact occurs in such areas wash the area with liberal amounts of water.
- Use along with other medications should be thoroughly discussed with your doctor.

18. Can TUGAIN® Solution be used when you are on other medications?

- People on medications for lowering blood pressure may experience a fall in blood pressure on standing. Such concerns/worries should be discussed with your doctor.
- The effectiveness of **TUGAIN® Solution** may be lowered when used with diethyl-carbamazine or paracetamol regularly.

19. Are there any particular conditions under which you should stop using TUGAIN® Solution?

Stop use and consult your doctor in case of the following:

- Chest pain, rapid heartbeat, faintness or dizziness occurs.
 - Sudden, unexplained weight gain occurs.
 - Your hands or feet swell.
 - Scalp irritation or redness occurs.
 - Unwanted facial hair growth occurs.
- You do not see hair regrowth in 4 to 6 months.

20. What are the warnings and precautions to note when using TUGAIN® Solution?

- Ensure that you recap the bottle tightly after use.
- Keep out of the reach of children.
- If accidentally swallowed, get medical help, right away.
- Do not use **TUGAIN® Solution** if you use other medicine on the scalp and/or your scalp is red, inflamed, infected, irritated, or painful.

21. What are the 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.
- 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 solution to parts of your body other than the scalp, rinse thoroughly with plenty of water.

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 **TUGAIN® Solution.**

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 propylene glycol 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 two weeks, stop using the product and talk to your doctor.
- Change in hair colour may occur. If this happens, you should stop using **TUGAIN® Solution**.

Reporting of side effects

If you experience any side effects, talk to your doctor or pharmacist or write to drugsafety@cipla.com. You can also report side effects directly via the National Pharmacovigilance Programme of India by calling on 1800 180 3024 or you can report to Cipla Ltd. on 1800 267 7779.

By reporting side effects, you can help provide more information on the safety of this product.

22. Can TUGAIN® Solution produce unwanted hair growth?

Unwanted hair growth on the face and other parts of the body has been reported in women. But it is rare and reversible. If you develop unwanted hair, stop using **TUGAIN® Solution**.

Over time, the unwanted hair, if caused by **TUGAIN® Solution**, will go away.

You can take the following steps to decrease the chances of unwanted hair growth:

1. Ensure that you apply **TUGAIN®**

Solution only on the scalp area to be treated.

2. After applying **TUGAIN® Solution**, wash your hands well immediately.

When you apply

TUGAIN® Solution at night, allow enough time for it to dry out before going to bed (usually 2 to 4 hours).

23. What is the most important information you should know about TUGAIN® Solution?

If you have heart disease, check with your doctor before using **TUGAIN® Solution**.

- Do not apply **TUGAIN® Solution** on any other part of the body.
- Do not apply on shaved scalp.
- Do not use if your scalp is red, inflamed, infected, irritated or painful.
- During application, take care that the solution does not come in contact with your eyes. In case of accidental contact, immediately wash your eyes with large amounts of cool tap water.
- It takes time to regrow hair. So, be patient because it will take twice-a-day usage for at least 4 to 6 months to show results.
- The amount of hair regrowth is different for each person.
- Some people have experienced changes in hair colour and/or texture.

24. In case of lack of time, can you apply TUGAIN® Solution and wash your hair an hour later?

No. For **TUGAIN® Solution** to work effectively, you should allow it to stay on the scalp for at least 4 hours before washing off.

25. What kind of shampoo should be used with TUGAIN® Solution?

If you wash your scalp before applying **TUGAIN® Solution**, use a mild shampoo.

26. Can you apply hair sprays, mousses, conditioners, gels, etc. while using TUGAIN® Solution?

Yes. You can use hair sprays or other styling aids on your hair while using **TUGAIN® Solution**. For best results, allow **TUGAIN® Solution** to soak into the scalp before using any styling products.

27. Can you have your hair coloured or permed while using TUGAIN® Solution?

Yes. We have no evidence that these activities change the effect of **TUGAIN® Solution**. However, because hair colouring and perming can cause scalp irritation in certain people, we recommend the following precautions:

1. To avoid possible scalp irritation, you should make sure that all of the **TUGAIN® Solution** has been washed off the hair and scalp before using colour or perm chemicals.
2. For best results, on the day that you intend to colour, perm or use any other chemical treatment on your hair, do not apply **TUGAIN® Solution** before or after such treatment.
3. Re-start your normal **TUGAIN® Solution** routine the next day. Do not use more **TUGAIN® Solution** to make up for the missed applications.

28. Is there anything else you need to keep your hair looking good when using TUGAIN® Solution?

Because of HLK in **TUGAIN®**

Solution, rest assured that your regrowing hair will stay soft, glossy and protected. Moreover, you can try out these tips:

- You can use hair voluminizing shampoos to give a fuller look to your hair.
- For males: You can grow your hair longer on the top and shorter on the sides. It can give a thicker-looking style.
- Always use a wide-tooth comb. It helps to avoid hair breakage.

29. What should be done if the product appears yellow?

TUGAIN® Solution is clear and colourless; however, its colour may vary and, occasionally, it may have a yellow appearance. The colour of the solution does not affect its efficacy.

30. How should the TUGAIN® Solution be stored?

- **TUGAIN® Solution** should be stored in a cool place away from light.

31. Apart from the solution, which other formulation is TUGAIN® available in?

Apart from solution, **TUGAIN®** is also available as a gel (5% strength) and foam (in strengths of 5% and 10%).

Ask your doctor as to which formulation will suit you the best.

32. Where to get further information?

- The information provided here is not complete set of information consult your doctor for further information.

you should stop using this product.

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- 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 two weeks, stop using the product and talk to your doctor.
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