

How should it be taken Propecia?



This medication is taken in a very low dose, once daily. There are no rules about whether to take it with or without food. The suggestion is that you should aim to take it at the same time every day. Should you forget, do not take two pills close together. It is better to skip a day and then resume the regular routine. The most important thing to recognise about this medication is that it does not produce instant results. You have to be patient. It is not uncommon for there to be no visible signs of a response for six months. It takes time for your follicles to resume activity. Then, even when healthy, hair only grows about half-an-inch per month. In some cases, looking at the scalp as a

whole, it will be two or more years before the optimum growth is achieved. The reason for this is that follicles only produce hair in cycles of growth and dormancy lasting months at a time. It therefore can take between two and three years for all the follicles to produce thicker hair or to resume growth.



To maintain morale, many men take photographs of their head at regular intervals to monitor performance. Although [Propecia](#) is effective in more than 90% of cases, there are a few who show no benefit. In most cases, it is that the hair follicles have lain dormant for too long for the medication to have any effect. As a rule of thumb, if the photographs show no significant change over a period of twelve months, it is almost certainly not going to work. Consult your doctor before confirming the decision to stop taking this medication. There is one further factor to take into account. Propecia is only effective so long as you continue to take it. Once stopped, hair loss will resume and, should you later restart the medication, it will be less effectively in slowing the loss.