NuWaysMD

MINOXIDIL / DISCUSSION WORKSHEET

Make the follow-up easier.

Keep this on your own device or print it. Bring it to a clinician. Do not send personal medical details through a website form.

Start with the label, not a shedding calendar. The U.S. topical leaflets reviewed for our guide advise contacting a physician if increased hair loss continues beyond two weeks. Stop and seek advice for label warning symptoms. Severe chest pain, breathing difficulty or collapse needs emergency care.

1. Exact product, strength and labeled directions

2. Treatment start date / extra shedding start date / symptom start date

3. What changed? Pattern, scalp symptoms, routine or other relevant events

Questions to bring

- ☐ Does this pattern fit my diagnosis, a product reaction or another cause?
- ☐ What should I do with treatment while this is assessed?
- ☐ How and when will we review progress, and who should I contact?

This is a discussion aid, not a diagnostic test. A photo taken with the same lighting, part and dry-hair condition may help explain a change.

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Compare the actual labels.

Use one column for each product. Ask a pharmacist or clinician about differences instead of combining directions from two packs.

Product comparison	Product A	Product B
Name / strength / format		
Amount / times per day		
Pack size / months supplied		
Ingredients to discuss		
Pack price / refill terms		
Fit with my daily routine		

Budget check

Pack price ÷ labeled months supplied = effective monthly cost.
For a full-year purchase budget, count the whole packs you would need. Include shipping and tax. Compare the correct labeled schedule for each product.

- ☐ I checked whether a format change also changes strength or frequency.
- ☐ I will discuss an irritated scalp rather than assuming foam fixes it.
- ☐ I have considered drying time, household contact and pet safety.

Keep the research with your questions

Shedding: label instructions and research

Foam vs. liquid: evidence, directions and cost

Source-based education. Clinical review pending. No account, email or purchase is required to use this worksheet.