

PALOMA RX · PRESCRIPTION INSTRUCTIONS

The guide to your Low-Dose Oral Minoxidil

Patient safety information and instructions for use. Read this guide before starting your medication, then keep it in your files for reference.

About your compounded medication. Your capsules are prepared for you by Honeybee Health, a licensed compounding pharmacy, according to your Paloma provider's prescription. Compounded medications are not reviewed by the FDA for safety or effectiveness, and low-dose oral minoxidil for hair loss is prescribed off-label. Your provider has reviewed your health history and determined this treatment is appropriate for you — the details are covered in the consent you signed during your visit.

Important safety information



Do not use if pregnant, planning pregnancy, or breastfeeding

Paloma does not prescribe oral minoxidil for use during pregnancy or while breastfeeding. If you are planning to become pregnant, stop treatment and message your Paloma care team to discuss next steps. If you become pregnant while on this medication, stop taking it right away and let your care team know. Make sure every clinician who prescribes for you knows you take oral minoxidil.

● Message your Paloma care team if you notice:

Ankle or leg swelling that doesn't improve within a few weeks

Lightheadedness or dizziness that persists or worsens

A noticeably faster heartbeat or occasional palpitations

Unwanted hair growth on the face, arms, or body that bothers you

Any side effect that concerns you — there are usually ways to manage it

Stop the medication and go to urgent care or call 911 for:

Chest pain or pressure

Severe shortness of breath, or breathlessness when lying flat

Rapid weight gain — more than 5 lb in a week

Significant leg or ankle swelling that doesn't improve when you elevate your legs

Fainting or near-fainting

Why the caution around blood pressure?

Minoxidil was originally developed as a blood-pressure medication. At the low doses used for hair growth, significant blood-pressure changes are uncommon — but it's why we asked about your heart health and blood pressure during your visit, and why we'll ask for updated readings at your check-ins. Rarely, oral minoxidil can cause serious fluid retention, including fluid around the heart, which is why the symptoms listed above deserve prompt attention.

After your medication arrives

Honeybee Health ships your capsules directly to the address on file. You'll receive shipping confirmation by email when your order goes out.



Store at room temp

Keep between 68–77°F in a cool, dry place — away from heat, moisture, and direct sunlight.



Keep the container closed

Tightly closed, in its original container, and always out of reach of children.



Swallow capsules whole

Do not crush, chew, or open the capsules.



Check your label

Your dose is on your prescription label. A typical starting dose is 1.25 mg once daily.

Daily dosing instructions

1

Same time, every day

Take your capsule at the same time each day and make it part of your routine. You can take it with or without food — with food can help if you notice stomach upset.

2

Follow your prescribed dose

Do not increase your dose or frequency on your own. Your Paloma provider will consider a dose adjustment at your month-3 check-in based on how you're responding.

Missed a dose? Take it as soon as you remember — unless it's close to your next dose. In that case, skip the missed one and continue your regular schedule. Never take two doses to make up for a missed one.

Other medications. Minoxidil can interact with medications that affect blood pressure, heart rate, or fluid balance — including blood-pressure medications, diuretics, and other vasodilators. Tell your Paloma provider and your pharmacist about everything you take, including over-the-counter medications and supplements, and let us know before starting anything new.

What to expect



Early weeks · About shedding

Some people notice temporary increased shedding during the first weeks of treatment. This can happen as the hair cycle changes and does not necessarily mean the treatment isn't working — it usually improves with continued treatment. Don't stop on your own; if shedding is severe or persistent, message your care team.

Month 6 · Judge results here

It takes at least 6 months of consistent daily use to know whether the medication is working for you. Take photos monthly in the same light and hairstyle so you have something real to compare.

Your check-in schedule

Short structured check-ins are part of your subscription — they're how your provider keeps your treatment safe without office visits. Please complete them when they arrive.

Weeks 6–8 tolerability check · **Month 3** dose decision — fresh blood-pressure reading needed · **Month 6** response check + photos · **Month 12** full review

Managing side effects

Common — usually mild

Extra hair growth on the face, arms, or body — the most common side effect in women. If it bothers you, message us; it's manageable and reverses if treatment stops.

Mild ankle or foot swelling — often improves in the first weeks.

Lightheadedness when standing up quickly — rise slowly, stay hydrated.

Headache or a slightly faster heartbeat — usually settles as your body adjusts.

Good habits on treatment

Keep a home BP cuff handy. We'll ask for a fresh reading at months 3 and 6.

Stand up gradually in the first few weeks, especially in the morning.

Stay consistent. Stopping and restarting resets your progress — gains reverse over 3–6 months off treatment.

Tell every prescriber you take oral minoxidil before starting new medications.

Disposal & good housekeeping

Please dispose of unused or expired medication safely. Don't flush capsules or pour them down the drain — use a local medication take-back site if one is available. Otherwise, mix the capsules with something unappealing like used coffee grounds or cat litter, seal in a container, and place in household trash.

We're here for you



Your care team

Questions about your treatment, side effects, dosing, or progress — message us anytime through your **Paloma portal**.



Billing & shipping

For anything non-medical — orders, billing, refills, address changes — email **support@palomahealth.com**.



Pharmacist support

To review your compounded medication with a pharmacist, call Honeybee Health toll-free at **833-466-3979** during regular business hours.



Urgent / after hours

For chest pain, severe shortness of breath, fainting, or any medical emergency — **call 911 or go to the ER**. Don't wait for a message reply.



Your care doesn't end at the prescription.

Check-ins, photos, and messages are how we fine-tune your treatment over the coming year. We're glad you're here.