MAXWELL CLINIC

Precautions for Oral Medication (Finasteride 1 mg or Dutasteride 0.5 mg)

- **Dosage:** Take the medicine once daily at around the same time. It can be taken before or after meals, as it does not cause stomach irritation.
- **Safety:** Long-term use is generally safe unless you have liver disease. It can be taken with most other medications, including those for high blood pressure, diabetes, colds, or pain. Alcohol does not interfere with the medication, but heavy drinking may contribute to hair loss.
- **Possible Side Effects:**
  - A small percentage of patients may experience decreased libido or fatigue similar to depression.
  - The medicine can reduce semen volume, but not ejaculate volume, and it does not affect fertility or overall health.
  - Rarely, breast tenderness, swelling, or skin rash may occur. These side effects usually disappear once the medication is discontinued.
- **Monitoring:** Your doctor will check for side effects, such as decreased libido, after 1 month of use and adjust the prescription if needed. Afterward, follow-up visits every 3–6 months are recommended for ongoing prescriptions.
- **Treatment Duration:** The medication is not necessarily a lifelong commitment, but it usually needs to be taken for at least 1–2 years to see noticeable benefits.

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