

Valproate

(Sodium Valproate, Valproate Acid, Epilim, Epilim Chrono, Epilim Chronosphere, Episenta, Epival, Convulex, Syonell, Belvo, Orlept, Depakote, Dyzantil, Depakin)



This information is for anyone taking Valproate who could become pregnant.

Are you taking Valproate and could become pregnant?



This information is for girls and women who are old enough to become pregnant and who are taking medication that has valproate in it.



Valproate is used to treat epilepsy and some mental health conditions.



Valproate is also called other names, ask your doctor, nurse or pharmacist if you are not sure.



You may see one of these names on your prescription or on the box on your medication.

- Sodium Valproate
- Valproate Acid
- Epilim
- Epilim Chrono
- Epilim Chronosphere
- Episenta
- Epival
- Convulex
- Syonell
- Belvo
- Orlept
- Depakote
- Dyzantil
- Depakin.



While you are taking valproate you will need to see your doctor every year to make sure that it is still the best medication for you.



This is called an annual medication review.

You should have an annual medication review at least once a year.

If you are taking Valproate and plan to have a baby



If you are taking Valproate and want to have a baby you need to talk to your doctor.



If you take Valproate when you are pregnant it can harm your baby.



Valproate can **harm** your baby's body.
Valproate can **harm** your baby's brain.



You need to take medication to help your seizures. You can talk to your doctor if you plan to have a baby.

If you are taking Valproate and are pregnant or think you might be pregnant



If you are taking Valproate and are pregnant or think you might be pregnant then call your GP and ask for an emergency appointment.



Tell them you are taking valproate and that you might be pregnant.



Do not stop taking your medication.



You must keep taking valproate until you speak to your doctor.



You must keep taking contraception until you speak to your doctor.

If you do not change your medication your baby may be harmed.



It is important that you talk to your doctor before you get pregnant.

If you do not want to get pregnant.



If you are taking valproate and you do not want to have a baby you still need to use and take contraceptives at all times.



Talk to your doctor about the best type of contraceptive for you.



Your doctor will listen to you. Your doctor will then help you to make the decision that is right for you.