

# Valproate

## A guide for people who can become pregnant

### Valproate is also called:

Sodium Valproate, Epilim, Depakote, Convulex, Episenta, Epival, Kentlim, Orplet, Syonell, Valpal, Valproic Acid, Belvo and Dyzantil



# What is valproate and how do you take it?



Valproate (val-pro-ate) is a medicine. Your Valproate may be a liquid, a tablet, or a granule. Take the valproate with food or just after food. Remember to take it every day.



Valproate is used for seizures (or fits).



Valproate is used for keeping your mood stable. Valproate is used for making you feel calm.



Remember to take it every day. Do not stop taking it unless your doctor or nurse tells you to.

## What are the risk to the baby?



You must not get pregnant if you take valproate.

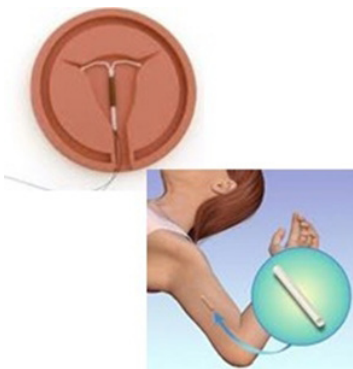


Valproate can harm the baby



Problems to the unborn baby such as learning disability and/or autism.  
A problem with the baby's back called spina bifida.

## How can I stop getting pregnant?



Contraceptives help to stop pregnancy.  
You must use a good contraceptive.  
There are different types of contraceptive such as a hormonal coil or implant



Your doctor can help you choose the best contraceptive.



You must always use a contraceptive (even if you do not have regular sex).



You might need to take a pregnancy test.

## What do I need to do next?



Every year you will be contacted to have a conversation about your valproate with your doctor or nurse specialist.

Annual Risk Acknowledgement form for users of Sodium Valproate

	If you use valproate while you are pregnant, your child has a high risk of serious harm.
	This form confirms that you or your partner, parent or responsible person understands the risks of using valproate.

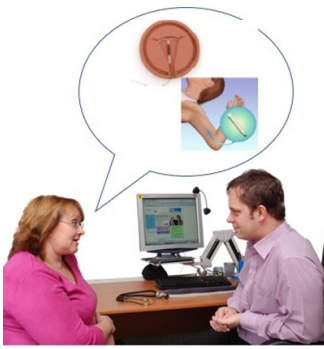
Please complete Part A of this form (below)  
Please tell us that you understand.

This form expires 12 months from the date  
A new form should be completed at each annual review.

You will be asked if you understand this information and sign your name if you are able to do so.



The conversation will also ask you about contraception.  
You will be advised to use contraception whether you expect to get pregnant or not.



If you are not currently using contraception, please contact your doctor, specialist nurse and let them know.

## Some questions you may want to ask?



What if I want to get pregnant?  
Or become pregnant?



What if I want to know more about valproate?  
What if I am worried about taking valproate?  
Talk to your doctor or specialist nurse.

## Important information



Do not stop taking your medication  
talk to your doctor or specialist nurse.

## Where can I or my carer find out more?

Medicines and Healthcare Regulatory Agency Prevent Guide (2020) – <https://bit.ly/41DXsuA>

Government guidance on valproate use by people who can become pregnant – <https://bit.ly/2JN159H>

## You can find more information about epilepsy from the following organisations:

- Epilepsy Action  
[www.epilepsy.org.uk](http://www.epilepsy.org.uk)  
0808 800 5050
- Epilepsy Society  
[www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)  
01494 601 400
- Young Epilepsy  
[www.youngepilepsy.org.uk](http://www.youngepilepsy.org.uk)  
01342 831 342

## You can find more information about bipolar disorder from the following organisations:

- Bipolar UK  
[www.bipolaruk.org](http://www.bipolaruk.org)  
0333 323 3880
- Mind  
[www.mind.org.uk](http://www.mind.org.uk)  
0300 123 3393

If you have any comments about this leaflet or the service you have received you can contact :

Complex Needs Matron  
huddersfield Royal Infirmary, via switchboard  
Telephone: 01484 342000

[www.cht.nhs.uk](http://www.cht.nhs.uk)

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"