Valproate ▼ Epilim, Depakote, Alprolep, Belvo, Convulex, Dyzantil, Episenta, Epival, Syonell & Sodium Valproate (Crescent, Desitin, Strandhaven/Somex, Wockhardt): Contraception and Pregnancy Prevention

What you must do

prevent
valproate pregnancy prevention programme

- Do not stop taking valproate unless your specialist tells you to as your condition may become worse.
- If you are thinking about having a baby, do not stop taking valproate or using birth control (contraception) before speaking to your specialist.
- If you think you are pregnant, do not stop taking valproate unless your specialist tells you to. Make an urgent appointment with your general practitioner to be urgently referred to your specialist.
- Read the package leaflet carefully before use.
- Read the Patient Guide for **prevent** – the valproate Pregnancy Prevention Programme. You should have received a copy from your specialist, or it can be accessed online using the QR code on the leaflet in the pack.

Risk minimisation material fulfils the conditions of the marketing authorisation and has been approved by MHRA.

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All girls and women using valproate and who could become pregnant:

- Valproate is an effective medicine for epilepsy and bipolar disorder.
- Valproate can seriously harm an unborn baby when taken during pregnancy and may lead to permanent disability.
- Use an effective method of birth control (contraception) at all times during your treatment with valproate.
- It is important to discuss and review your treatment with a specialist at least once each year.

Males using valproate:

- There is a possible risk of neurodevelopmental conditions in children when valproate is taken by the father in the 3 months before conception.
- Discuss this possible risk and the need for yourself and your female partner to consider effective contraception with your doctor.

▼ These medicines are subject to additional monitoring. Report any side effects to **www.mhra.gov.uk/yellowcard** or search for MHRA Yellow Card in the Google Play or Apple App Store.

Keep this card safe so you always know what to do.