Contraception and Pregnancy Prevention – Important information to know

• Valproate is an effective medicine for epilepsy and bipolar disorder.
• Valproate can seriously harm an unborn baby when taken during pregnancy.
• Always use effective contraception at all times during your treatment with valproate.
• It is important to visit your specialist to review your treatment at least once each year.

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.
What you must do

• Read the package leaflet carefully before use.
• Never stop taking valproate without discussing it with your doctor as your condition may become worse.
• If you are thinking about having a baby, do not stop using valproate and contraception before you have talked to your doctor.
• If you think you are pregnant, do not stop using valproate. Make an urgent appointment with your GP.
• Ask your doctor to give you the Patient Guide for prevent – the valproate pregnancy prevention programme.