

Your medicine is called valproate (granules)

(it is also called sodium valproate, valproic acid and semisodium valproate)

It is to help:



Your low mood



Calm you down (to feel less upset or angry)



Pain



Seizures



Keep you well

How to take it:

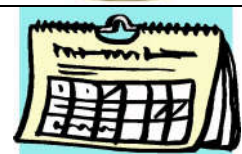


Sprinkle the granules on a small amount of soft food or drink.

Don't chew the granules.








Take it with or just after food










Take every day – do not miss any doses

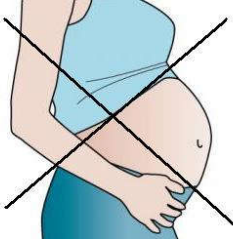
You may also: (tell your carer if any of these worry you)

 <p>Feel sick or be sick</p>	 <p>Feel more hungry. Put on weight</p>
 <p>Get tummy pain</p>	 <p>Lose some hair</p>
 <p>Feel sleepy or tired</p>	

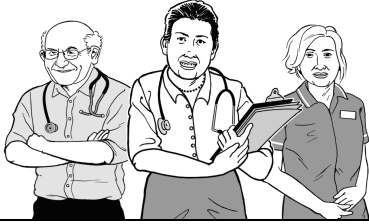
Always let a carer know straight away if you:

  <p>Dark wee Tummy pain</p>	 <p>Feel you want to harm yourself</p>
 <p>Get tummy pain and look a bit yellow</p>	 <p>Get a fever, sore throat or feel ill</p>
 <p>Bruise or bleed more easily</p>	 <p>Get a sudden rash or fever</p>

Warning:

	<p>You must not get pregnant when taking valproate. You must be on the VPPP (Valproate Pregnancy Protection Programme; 'Prevent'). If you find you are pregnant, see your nurse, pharmacist or doctor about this today.</p>
---	---

If you would like to know more:



Ask your nurse, pharmacist or doctor.
Or ask one of your carers to find out more for you.

**This is a summary of the information below.
You must also see the maker's Patient Information Leaflet (PIL) for full information.
Please also see PILLS, BILLS and QuILLS on our Choice and Medication website.**

Some more information on sodium valproate MR Granules

Sodium valproate is mainly used to help control epilepsy or fits. It can also help to level out your mood and help prevent mood swings coming back. It is very important to take it regularly every day. It can also help migraine and some other conditions where other medicines have not worked.

How to take it: Take it with food. Sprinkle the granules on a small amount of soft food or drink. You should swallow the granules whole. Don't chew them. See the Patient Information leaflet with the medicine for full details.

Possible side effects include: Weight gain, feeling or being sick, stomach upset and diarrhoea. If it makes you sleepy you should not drive or operate machinery. It can also cause temporary hair loss. When the hair regrows it can come back curly.

Rare but important side effects include: Damage to the liver or pancreas (called hepatitis or pancreatitis). So, if you develop tummy pain, feel sick or if your skin goes yellow (jaundice) or your urine (or wee) gets dark let your health professional know straight away. It can also affect your blood count so if you get any infection, a sore throat, bruise without reason, bleed easily or get a rash, see your health professional straight away. throat, bruise without reason, bleed easily or get a rash, or feel you may want to harm yourself.

Warnings and Cautions: Valproate does not mix well with some other medicines, including St. John's wort, so if you are taking anything else check this with your health professional. Valproate can only be taken by women who are also on the Valproate Pregnancy Prevention programme (VPPP; 'Prevent'). However, if you find you are pregnant do not suddenly stop taking valproate but instead seek medical advice straight away. If it makes you sleepy you should not drive or operate machinery. If you are taking it for epilepsy there are strict laws about driving. Check this out at the DVLA's website www.dvla.gov.uk.

© MaPPs 2 2018

With many thanks to Danielle Adams, Pharmacy & Medicines Optimisation Team, Hertfordshire Partnership University NHS Foundation Trust, for help and advice

The small print: This short leaflet is to help you understand about valproate. You must also read the manufacturer's Patient Information Leaflet (PIL). Go to our website for fuller answers to many questions.

V07.08 [SRB 6-2018] ©2018 Mistura™ Enterprise Ltd (www.choiceandmedication.org). Choice and Medication™ indemnity applies only to licensed subscribing organisations and the personal use by that organisation's service users and carers. Use by non-subscribing organisations is prohibited