

**Your medicine is called valproate** (chewable tablets)

(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

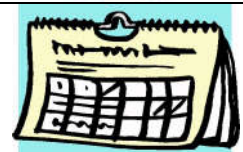
**How to take the chewable tablets:**



Chew each tablet and then swallow  
You could also swallow each tablet with half a glass of water.








Take it with or just after food










Take every day – do not miss any doses

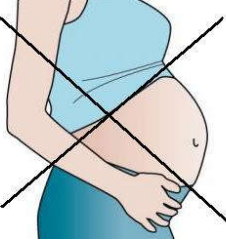
**You may also: (tell your carer if any of these worry you)**

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

**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 or after food. The tablets can be crushed if needed.

**Possible side effects include:** Weight gain, feeling or being sick, stomach upset and loss of hair. The hair loss is only temporary but when the hair regrows it can come back curly. Some people also feel sleepy.

**Rare but important side effects:** See your health professional straight away if you get stomach pain, feel sick or if your skin goes yellow (jaundice) or your urine (or wee) gets dark. This could be damage to your liver or pancreas (called hepatitis or pancreatitis). Also let your health professional know in the next day or so if you get any infection, a sore 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](http://www.dvla.gov.uk).

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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.

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