

## Information about Valproate

This is an easy way to say.....Val-pro-ate



### What is Valproate?



Valproate is a medication that will help stop your seizures if you have epilepsy.

Valproate can also help you with mood problems

Valproate can sometimes be called different names like:

- Sodium Valproate
- Epilim
- Depakote
- Convulex.

It is important to carry on taking medication with the same name

Valproate can be taken as tablets or liquid medicine

### Where do I get Valproate?



You can only get this medication with a prescription

The doctor or consultant:

- Will ask you questions about your health
- May also check your blood pressure
- Will ask you if you are taking other medication
- Will tell you if you need to have a blood test
- May check your weight

## How do I take Valproate?



The doctor will talk to you about how much Valproate you need to take.

The doctor will tell you how to take your Valproate.



You need to take Valproate for some time so that it works best.



You will usually take Valproate in the morning and in the evening or sometimes once a day



If you forget to take your medication you must tell your carer and ask your doctor for advice.

You should not stop taking your medication suddenly as this could make you feel unwell



## What is good about Valproate?



Valproate can help if you have epilepsy and lots of seizures

Valproate can help with mood problems



Valproate also helps you to stop feeling angry or tense



## What is not good about Valproate?



There are some health problems that people can get when they take Valproate



These problems are called side effects but not everyone gets them.



- Problems with your eyesight
- Feeling very tired
- Feeling unsteady on your feet
- Feel hungry and put on weight
- Feel shaky
- Have hair loss for a short time



You need to speak to your doctor if you:

- Have a rash on their skin
- Bruise or bleed easily
- Feeling sick and pain in stomach
- Feel unwell

## What other things do I need to talk to the doctor about?



You should speak to your doctor if:

- You are worried about your medication
- You want to know how much alcohol is safe to drink when taking medication
- You are planning to have a baby

**The information in this easy read leaflet should always be discussed with the service user and it should not be provided without support.**

**The full information sheet about Valproate medication should also be given to the service user, carers and staff.**

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