









Valproate

This is an easy way to read this word...val-pro-ate

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|  | <p>What is this leaflet for?</p> <p>This leaflet is to help you understand more about your medicine.</p> <p>Your medicine could look different to the photographs on this leaflet.</p> |
|  | <p>What is the medicine called?</p> <p>Valproate is also called Sodium Valproate, Epilim, Orlept, Convulex or Depakote.</p> <p>You will see 1 of these names on your prescription.</p> <p>Valproate could come as tablets, capsules, or as a liquid.</p> |
|  | <p>What is valproate for?</p> <p>Valproate could be used for different reasons.</p> <p>Valproate is used for epilepsy and manic depression.</p> <p>Valproate is sometimes used for people who have behaviour problems.</p> <p>For example, it could...</p> <ul style="list-style-type: none">• help if you are anxious• help calm you down• help you feel less angry• help you feel less tense. |
|  | <p>What will valproate do?</p> <p>Valproate should help you feel calm and relaxed.</p> <p>It could take some time for valproate to have its full effect.</p> <p>This effect should reduce your behaviour problem.</p> |

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|  | <p>For example, it may...</p> <ul style="list-style-type: none">• help you control your temper• help you stop hurting yourself• help you stop breaking things. |
|     | <p>What are the side effects of valproate?</p> <p>Side effects are effects medicine can have on your body that are not wanted.</p> <p>Not everyone taking a medicine will get side effects.</p> <p>Many side effects will go away with time.</p> <p>Many side effects are rare.</p> <p>You might want to talk to your doctor if you have any side effects.</p> <p>For example, these are some side effects of valproate...</p> <ul style="list-style-type: none">• feeling sleepy or sluggish• feeling sick• putting on weight• losing your hair. |



Some side effects are more serious.

You should tell someone straight away if...

- you feel very unsteady on your feet
- you feel confused and you find it hard to think straight
- you feel shaky
- you are sick or lose your appetite
- you bruise without reason or bleed easily
- you have a rash on your skin
- your skin looks yellow.

How and when do I take valproate?



The label on your valproate packet should tell you when to take your medicine.

The label should tell you how much medicine you should take.



You should follow these instructions carefully.

You should swallow your tablet or capsule with water...

Or...

Measure and swallow your liquid.



Some types of valproate are crushable.

If you forget to take your medicine, tell someone straight away.

You should ask your pharmacist if you can crush your medicine or if it can be mixed with a drink.

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|  | <p>You should carry on taking your medicine even if you feel better.</p> <p>You should talk to your doctor before you stop taking your medicine.</p> |
|  | <p>What do I need to know about valproate?</p> <p>Drinking alcohol whilst taking valproate could make you feel drowsy.</p> <p>Some medicines do not work well together.</p> <p>You should tell your doctor about any other medicines you are taking.</p> |
|  | <p>Where can I get more information?</p> <p>This leaflet does not tell you everything about valproate.</p> <p>If you want more information about valproate...</p> <ul style="list-style-type: none">• you can ask your pharmacist, doctor or nurse for more information• you can ask your carer to get more information• you can phone NHS Direct on 0845 4647• you can phone a medicine information helpline on 020 3228 2999. |

G. Unwin and S. Deb from the University of Birmingham created this leaflet with help from People First (Staffs) and Mencap. The project was funded by the Big Lottery Fund.

It can be downloaded from www.ld-medication.bham.ac.uk.

The information in this leaflet came from...

- the British National Formulary (www.bnf.org)
- the United Kingdom Psychiatric Pharmacy Group Patient Advisory Leaflets (www.ukppg.org.uk/ukppg-pals.html)
- Miriam Wilcher's Handbook for Carers of People with Learning Disabilities.

This is an unofficial information leaflet.

Some of the pictures are from the CHANGE Health Picture Bank, CHANGE, Units 19/20, Unity Business Centre, 26 Roundhay Road, Leeds, LS7 1AB.

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