

What you must know and do

All girls and women using valproate and who could become pregnant:

- Valproate can seriously harm an unborn child when taken by the mother during pregnancy.
- Always use effective contraception without interruption during the entire duration of treatment with valproate.
- If you think you are pregnant: Schedule an urgent appointment with your doctor.
- Visit your specialist at least each year.

Males using valproate:

- There is a possible risk of movement and mental developmental disorders in children when valproate is taken by the father in the 3 months before conception.
- Discuss this possible risk and the need for effective contraception with your doctor.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See **www.hpra.ie** for how to report side effects.

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- Valproate is an effective medicine for epilepsy and bipolar disorder.

This applies to all girls and women using valproate who could become pregnant and males using valproate:

- Read the package leaflet carefully before use.
- Never stop taking valproate unless your doctor tells you to as your condition may become worse.
- If you are thinking about having a baby, do not stop using valproate and contraception before you talked to your doctor.
- Ask your doctor to give you the patient guide.

Keep this card safe so you always know what to do