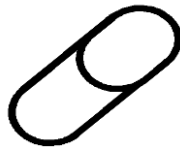
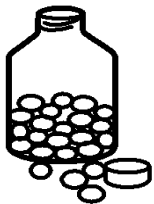


# Valproate for females

(Epilim, Depakote, Convulex, Episenta,  
Epival, Kentlim, Orlept, Sodium Valproate,  
Syonell and Valpal)

## My workbook

This workbook is for you if you are a female who  
can have children and are taking any medicine  
containing valproate



Symbols, materials produced in "Writing with symbols 2000" and reproduced  
with permission from Widgit Software Ltd. 01223 425558

Sept 2018 GW/MK/MH Ratified by Medicines Management Committee

## Being prescribed valproate

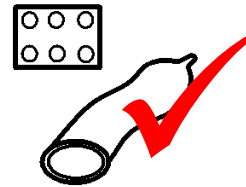
Your  
thoughts,  
comments,  
ideas



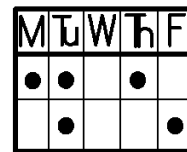
Your doctor should only  
treat you with valproate if  
no other medicine works



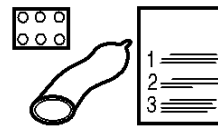
Your doctor should only  
treat you with valproate if  
you are **not** pregnant



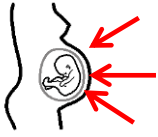


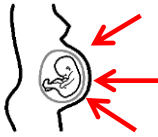


Your doctor should only  
treat you with valproate if  
you are using  
contraception

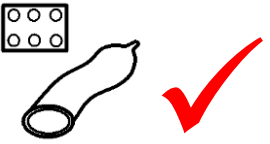

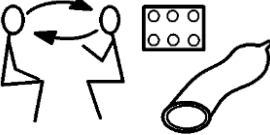




It is **important** that you  
use contraception at **all**  
**times** while taking  
valproate



You must have a plan to  
stop you getting pregnant

Risks of taking valproate during pregnancy	Your thoughts, comments, ideas
	Valproate can seriously harm your unborn baby
	The risks are higher with valproate than other medication
	Even a small amount of medication can harm your unborn baby
	Valproate can cause birth defects. A birth defect is harm to your baby before it is born
	A birth defect may affect how the babies body looks and works
	Valproate can also stop your baby growing and learning properly

Contraception for females who are able to become pregnant		Your thoughts, comments, ideas	
	You need to use contraception to stop you getting pregnant when you take valproate		
	Always use the contraception that has been recommended by your doctor		
	You should use the contraception even if you are not currently having sex		
	Your doctor will talk to you about the best contraception for you, such as:		
	coil		sterilisation
	implants		injection

You must		Your thoughts, comments, ideas
	<b>never</b> stop taking valproate until you have talked to your doctor, even if you think you are pregnant	
	have a check-up from your doctor at least once a year	
	talk to your doctor as soon as possible if you decide that you want to become pregnant	

Risk acknowledgement form	Tick to say you understand and agree
Why I need valproate rather than another medicine	
That I need a check-up, at least once a year	
The risks to my unborn baby if I become pregnant while taking valproate	
Why I must use a contraceptive to stop me getting pregnant	
Why I must not stop using a contraceptive	
Which contraceptive would be best for me	
I must see my doctor if I am thinking of becoming pregnant	
I must see my doctor if I think I am pregnant	

My contraceptive is:	
My name	
My signature	
Date	

This form expires 12 months from this date