

# Sodium Valproate

Mood stabilizer/anti-epileptic



## Your medication

# Sodium Valproate



## What is this leaflet for?

This leaflet is to help you understand more about your medicine.

Your medicine could look different to the pictures on this leaflet.

Valproate is also called Sodium Valproate, Epilim, and Depakote.

Valproate could come as tablets, capsules, or as a liquid



## What is Valproate used for?

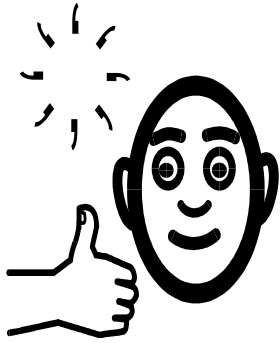
Valproate is commonly used for epilepsy and manic depression.

It is also used in:

- People having difficult behaviours
- People feeling tense or angry



# Sodium Valproate



## What will Valproate do?

Valproate will help to control your fits

Valproate will help you feel calm and relaxed.

It could take some time for Valproate to have its full effect.



## What are the side effects of Valproate?

Side effects are the unwanted effects of any medicine on the body.

Not everyone taking a medicine will get side effects.

Many side effects will go away with time. But some side effects may last for longer.

Some side effects can be serious.

You should tell your doctor if you have any side effect.

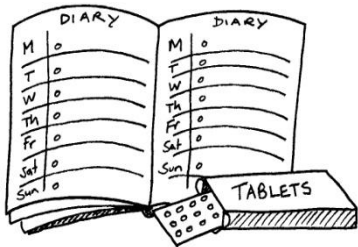
# Sodium Valproate



## Side effects of Sodium Valproate are:

- feeling unsteady on feet
- feeling confused
- having shakes in hands
- feeling sick
- having bruises without any reason or bleed easily
- having a rash on skin
- your skin looks yellow.
- feeling sleepy or tired
- putting on weight
- losing hair
- sometimes it can worsen your mood

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## How and when do I take Valproate?

The label on your Valproate packet should tell you when and how much to take.



## If you forget to take your medicine

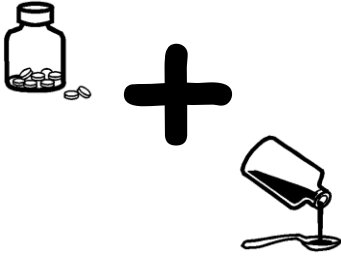
Tell your carer or doctor straight away.



## When to stop taking your medicine

You should carry on taking your medicine unless your doctor asks you to stop.

# Sodium Valproate



**Some medicines do not work well together.**

You should tell your doctor about any other medicines you are taking.



**What else do I need to know about Valproate?**

Drinking alcohol when you are on Valproate could make you feel sleepy.



**Doctor's comments**

# Help and support



Your doctor: .....  
Telephone Number: .....

Your Psychiatrist: .....  
Telephone Number: .....



Your Community Nurse: .....  
Telephone Number: .....

Other professionals involved:

Other resources:

[www.patient.co.uk](http://www.patient.co.uk)

 CALLS ARE CHARGED 01  
**0845**  
**Direct 4647**

**Patient  UK**  
The same health information as provided  
by GPs to patients during consultations



Leaflet produced and issued by Leicestershire Partnership NHS Trust and the Royal College of Psychiatrists' Faculty of the Psychiatry of Learning Disability. [www.leicspt.nhs.uk](http://www.leicspt.nhs.uk)  
- [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

Pictures used from Change Picture Bank and Somerset Symbols Project

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Thanks to G. Unwin and S. Deb from Birmingham University for use of the content of their medication leaflets.

**Please note this is not a manufacturer's information leaflet**