

SODIUM VALPROATE

EPILIM[®]



KK WOMEN'S
AND CHILDREN'S
HOSPITAL

Patient Information Leaflet

This leaflet answers some common questions about sodium valproate. It does not contain all the available information. It also does not take the place of talking to your doctor or pharmacist.

What is sodium valproate used for?

Sodium valproate is used to control seizures and other problems related to the nervous system.

When should I take the medication?

- Sodium valproate is usually taken 2 to 3 times a day. The doctor may start your child on a low dose and then slowly increase the dose. Follow the instructions on the label carefully and ask your pharmacist or doctor if you are unsure.
- Do not take this medication more often than directed and do not stop unless instructed by your doctor. Stopping this medicine too rapidly can increase the risk of seizures or fits.
- Do not change brands or dosage forms without informing your doctor.

How should it be taken?

□ Oral Liquid / Syrup

Shake well before using. Use a medicine spoon or syringe to measure your medicine. Do not use household spoons as they may not be accurate. Do not take with carbonated drinks as it may cause throat and gastric irritation.

□ Enteric-coated tablets (e.g. Epilim[®] EC)

These tablets are specially designed to prevent the medicine from upsetting the stomach. Swallow the tablets whole with a glass of water. Do not chew or crush them as this may destroy the special dosage form.

□ Controlled-release tablets or capsules (e.g. Epilim[®] Chrono)

These tablets are specially designed so that they can release the medicine slowly. They allow the medicine to be given once daily. Only Epilim[®] Chrono 500mg tablet could be cut into two and swallow one piece at a time. However, they should not be chewed or crushed.

What should I do if I miss a dose?

- Take the dose as soon as you remember and then continue to take it as you normally would. However, if it is almost time for the next dose, skip the dose you missed and take your next dose at the usual time.
- Do not double or increase the dose.
- If your child has missed more than two doses or you are not sure of what to do, consult your doctor or pharmacist.

- If your child has less than two weeks medication supplies, please ensure that you have made an appointment with your child's neurologist or arrangement to collect more medication.

What side effects can this medicine cause? What can I do about them?

Generally, the common side effects tend to occur at the beginning of treatment. Such side effects may include:

- Mild nausea, vomiting, indigestion, abdominal pain, diarrhea and loss of appetite
If the medicine upsets the stomach, take it with food or milk.
- Hair loss (usually temporary), irregular menstruation, increased appetite and weight gain are sometimes reported.
- Dizziness, blurred or doubled vision.
- Tiredness, insomnia, nervousness, behavioural changes (e.g. irritability, agitation, depression)
Be careful when giving any over-the-counter medicines to your child. Medicines for allergy or cold symptoms can add on to the drowsiness. Be sure to supervise your child when he/she is involved in activities such as cycling or swimming.
- Tremor, muscle weakness, joint and/or muscle pain, poor muscle coordination

Inform your doctor if any of the above side effects lasts more than a few days or become severe and bothersome.

Rare but serious side effects may manifest as the following symptoms. Contact your doctor as soon as possible, if you notice any of the following:

- Yellowing of the skin or eyes, severe abdominal pain or recurrent vomiting
- Skin rash
- Any unusual bleeding or bruises, prolonged fever, cough or sore throat
- Worsening or unusual behavioural changes

Inform your doctor if you notice any other unusual symptoms in your child. Always discuss with your doctor or pharmacist if your child has any problems or difficulties during or after taking sodium valproate.

Special instructions:

Check with your doctor or pharmacist if you want to give any other medicines, supplements or herbal products to your child.

If your child sees another doctor, inform him that your child is taking sodium valproate before he prescribes any other medications.

Consult your doctor or pharmacist (6394 1500 / 1501) if you need more information.

Patient information project of Pediatric Neurology Service and Pharmacy