



Front

**Patient Card for Valproate <Epilim®>:
Contraception and Pregnancy**

Name: Date:

What you must know *

- Valproate is an effective medicine for epilepsy and bipolar disorder.
- Valproate can seriously harm an unborn child when taken during pregnancy.
- Always use effective contraception without interruption during the entire duration of treatment with valproate.
- Remember to visit your specialist at least each year.

**This applies to all girls and women using valproate and who could become pregnant.
Keep this card safe so you always know what to do.*

Back

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What you must do*

- Read the patient guide 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.
- If you think you are pregnant, do not stop using valproate. Make an urgent appointment with your doctor.
- Ask your doctor to give you the patient guide.

**This applies to all girls and women using valproate and who could become pregnant.
Keep this card safe so you always know what to do.*

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