Sodium valproate is used in the: • treatment of all forms of epilepsy • treatment of manic episode in bipolar disorder when lithium is contraindicated or not tolerated. The continuation of treatment after manic episode could be considered in patients who have responded to sodium valproate for acute mania

IMPORTANT SAFETY WARNING

If you are a **female child or woman of childbearing potential**, your doctor should only treat you with **valproate if nothing else works**.

If you are **male and have taken valproate in the 3 months before your partner became pregnant** there may also be a risk of harm to the baby.

Valproate can seriously harm an unborn baby. Always use effective contraception during your treatment. If you are thinking about becoming pregnant, or you become pregnant, talk to your GP or specialist straight away.

Do not stop taking valproate unless your doctor tells you to. For more information, refer to the Pregnancy Prevention Programme ("Prevent") Patient Guide.

Moving forward

with your epilepsy treatment

Your specialist team have prescribed **Episenta® (prolonged-release sodium valproate)**. This is a particular anti-seizure medication that can help to reduce the number of seizures or stop them completely.

For full details about Episenta®, please refer to your Patient Information Leaflet, which can be found inside the package of your medication.

WHY IS IT IMPORTANT TO TAKE YOUR MEDICATION EVERY DAY?

Taking your anti-seizure medication every day is important to control your seizures. By having enough medication in your body, you will have the best chance of reducing the number of seizures or stopping them altogether.

Your medication must not be changed or stopped without advice from your epilepsy specialist. If you are offered an alternative formulation of sodium valproate from Episenta®, **please contact your epilepsy specialist**.

WHAT IS EPISENTA® AND HOW DO YOU TAKE IT?[1,2]

Episenta® prolonged-release granules are available as packs of 30. Your epilepsy specialist will tell you your correct dose – check with them if you are unsure.



Episenta® 500mg and 1000mg are sachets containing white granules.

To open the sachet, tear or cut off the top. Empty the granules into a cold drink or soft food. Swallow immediately without chewing and make sure no granules are left behind.



Episenta® 150mg (blue/transparent) and 300mg (green/transparent) are capsules containing the same white granules as the sachets.

These can be swallowed whole or opened to empty the granules into a cold drink or soft food by holding the clear part at the bottom and removing the coloured half from the top. Swallow immediately without chewing and make sure no granules are left behind.

Take Episenta® once a day, every day, at about the same time of the day. If you vomit within 15 minutes of taking the medication, take another dose. If it has been more than 15 minutes since taking the medication, there is no need to take another dose.

REASONS WHY YOU'VE BEEN GIVEN A MINITABLET:

Can be easier to swallow than a normal tablet for children and for adults with swallowing difficulties.

You can get a **more stable dose of medication in your body** as the granules are designed to pass more consistently through your stomach than a normal tablet.

USEFUL TIPS TO CONSIDER:

- **Set up medication reminders on your phone**
- **A dose at bedtime may be most convenient**
- **Always carry a spare dose**
- **Mixing medication into a spoonful of soft food such as yoghurt for children**

REMEMBER – you may see white spots in your poo, or the patient's, after taking Episenta® – DON'T WORRY, this is just the coating of the minitablets and is quite normal.

COMMON SIDE-EFFECTS[3]

Episenta® may cause unwanted side effects, but **not everyone experiences them**. Most of the time, common side effects are **mild and don't last long**. For a full list of side-effects, see the leaflet inside the package of your medication.

Contact your epilepsy specialist if you experience any side effects, but **do not stop taking your medication suddenly**.

WHAT IF YOU TAKE TOO MUCH EPISENTA®?[3]

If you take too much, contact your epilepsy specialist or call 111. If you are feeling very unwell, go to the Accident and Emergency Department straight away.

CONTACT DETAILS OF YOUR EPILEPSY SPECIALIST:

Name:

Phone:

Email:

YOU CAN FIND OUT MORE ABOUT EPILEPSY FROM:

Epilepsy Action

- Helpline: **0808 800 5050**
- **www.epilepsy.org.uk**

Epilepsy Society

- Helpline: **01494 601 400**
- **www.epilepsysociety.org.uk**

Young Epilepsy

- Helpline: **01342 831342**
- **helpline@youngepilepsy.org.uk**

Scan the QR code to see a digital version of this leaflet on your device:

References

1. Episenta® 150 mg Prolonged-release Capsules Summary of Product Characteristics.
2. Davis *et al.* Transit of pharmaceutical dosage forms through the small intestine. *Gut* 1986; **27**: 886-892.
3. Episenta® 150 mg Prolonged-release Capsules Package leaflet: Information for the patient.

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