

The medicines regulatory agency, MHRA, has made changes to the way the medication valproate is prescribed. These changes affect both men and women under the age of 55. Valproate is used mainly in the treatment of epilepsy.

*It is important that you do not stop taking your epilepsy medication without discussing with your specialist.*

Men and women under the age of 55 should not be prescribed valproate unless two specialists independently consider and document that there is no other effective or tolerated treatment.

Women under our care, at their next review, will need two specialists to independently agree that sodium valproate remains the most effective treatment for their epilepsy.

Valproate may cause infertility in men which may be reversible. Toxic effects on the testes have been observed in animals but it is not clear what this means for humans.

Men under our care can discuss any concerns at their next review or contact their specialist to discuss.

Patients under our care can also contact the epilepsy nurse advice line 0151 556 4008.

Further information can be found on:

<https://www.gov.uk/government/news/update-on-mhra-review-into-safe-use-of-valproate>

<https://epilepsysociety.org.uk/news/changes-valproate-prescribed>

<https://www.epilepsy.org.uk/info/treatment/anti-seizure-medication/new-rules-for-taking-sodium-valproate>