The Ridings Medical Group
Caring for our community

Important information about your medication

To all male patients taking Sodium Valproate

This is an annual safety update for our male patients taking Sodium Valproate. Sometimes we prescribe this medication under a brand name (Epilin, Depakote, Episenta, Epival, Convulex). These medications are mainly used to manage seizures or to stabilise mood.

This medication is effective for the vast majority of people. However, following updated national safety guidance, we need to share some important information regarding family planning.

We have known for many years that taking this medication during pregnancy can harm an unborn baby. More recent studies also suggest there may be a potential risk to children fathered by men who take Sodium Valproate. Because of this, we are advising all male patients to follow these safety measures:

- Effective Contraception: You and your partner should use effective contraception while you are taking Sodium Valproate, and for at least 3 months after stopping the medication.
- Sperm Donation: You should not donate sperm while taking this medication.
- Family Planning: If you are planning to father a child, please contact your neurology or mental health specialist to discuss. If you are no longer under a specialist team, please contact the surgery and speak to a pharmacist or doctor. We can then review your treatment options together.

Do not stop taking your medication without speaking to a healthcare professional first, as stopping suddenly can be dangerous.

If you have any questions or would like to discuss this further, please contact the surgery to speak with our clinical team.

The team at The Ridings Medical Group