



## **Sodium Valproate Regime in Headache**

Sodium Valproate is used to prevent the headaches from occurring. The dose has to be increased gradually as given below. Continue increasing the dose until it is effective at suppressing your headaches or you reach the dose of 600mgs twice daily. If you don't have any side effects on this dose then you can increase the dose further up to 1000 mg twice daily as per the regime outlined below. If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible.

	<b>Morning</b>	<b>Evening</b>
For 2 weeks take:	<b>200 mgs</b>	<b>200 mgs</b>
For 2 weeks take:	<b>400 mgs</b>	<b>400mgs</b>
For 2 weeks take:	<b>600 mgs</b>	<b>600 mgs</b>
For 2 weeks take:	<b>800 mgs</b>	<b>800 mgs</b>
Thereafter	<b>1000 mgs</b>	<b>1000 mgs</b>

### **Side-effects:**

As with all medications, there are potential side effects in a small number of patients. The most often reported effects are: dizziness, somnolence, nausea, vomiting, abdominal pain, diarrhoea, double vision and weight gain. Rare side effects include alopecia (thinning of the hair), hepatotoxicity (affects the liver) or blood dyscrasia (affects the bone marrow and production of blood cells).

### **Special note:**

A routine blood test for liver profile and full blood count should be performed once per month while the drug is being titrated.

Do not stop taking Sodium Valproate unless your doctor tells you to. If your treatment is stopped it should be done gradually.

### **Pregnancy and Breast feeding:**

Sodium Valproate is not recommended if you are pregnant, planning a pregnancy or are breastfeeding. Sodium Valproate can produce teratogenic effects such as neural tube defects (like spina bifida). Women of childbearing age should take adequate contraceptive precautions.

This leaflet should be read in conjunction with the product characteristic leaflet that can be found inside all boxes of medication. The use of any medicine is based on considerations of how benefits outweigh potential side effects. **Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have.**