



Dear Patient / Representative,

This letter is being sent to you as you have been identified as taking a medication which contains Valproate.

Following an update from the MHRA (Medicines and Healthcare Regulatory Agency) new guidance has been published for males taking Valproate medications. The regulator advises that males and their partners should use effective contraception during, and for at least three months after, valproate treatment.

Please read the below carefully:

- If you father a child while you are taking valproate or in the 3 months after stopping valproate, there is a potential small increased risk of the child being diagnosed with a mental or movement related developmental disorder (neurodevelopmental disorder).
- It is recommended that you and your female sexual partner should both use effective birth control (condoms and another form of female contraception) as a precaution while you are taking valproate and for at least 3 months after stopping valproate.
- Allow at least 3 months to pass after stopping valproate before trying to father a child.
- You should not donate sperm whilst taking valproate and for 3 months after stopping.
- Do not stop taking valproate unless you are advised to do so by a healthcare professional.
- Report any suspected adverse drug reactions associated with valproate on a Yellow Card.

Please follow the link if you would like some more information:

[Advice for male patients on valproate to use contraception PUBLISH .pdf \(publishing.service.gov.uk\)](#)

If you have any queries or concerns regarding this letter, please call the PCN on 01702 987800 and a member of the pharmacy team will be able to speak to you.

Many thanks,  
Southend East PCN Pharmacy Team.