**For use by GP practices - Template letter for women of childbearing age on valproate containing medicines**

**In line 4 of paragraph 1, please delete ‘epilepsy’ or ‘mental health’ as appropriate for the patient.**

Dear

**RE: Valproate – treatment review**

Please could you make an appointment with the practice as soon as you can, for a treatment review of your valproate-containing medicine (brand name Epilim, Depakote or Episenta). The review is to ensure that the medicine you are taking to manage your epilepsy or mental health is appropriate for you.

New guidance on the use of valproate in girls and women of childbearing potential has been issued. You must not stop taking your medicine, because it manages your condition, but we need to review your treatment to make sure it is still the right medicine for you. The review will help you to make informed choices about your treatment, any need for effective contraception and options for planning ahead if you choose to become pregnant in the future.

Don’t stop taking your medicines until you have talked to your doctor.

Yours sincerely