NHS
Suffolk and
North East Essex
Integrated Care Board

Prescribing of Topiramate and Valproate Containing Medicines in Male or Female Patients Younger than 55 years

Topiramate		Valproate
No advice at this time	Male/transgender females/ non - binary persons who have the potential to impregnate a person now or later	New initiations must have agreement from two specialists independently Current patients must have the risks explained and given a patient information leaflet
New initiations must have agreement from one GP (migraine) or specialist (epilepsy).	**New Patients** Women/girls/ transgender males/ non - binary persons who have the potential now or later to become pregnant	New initiations must have agreement from two specialists independently.
Refer Patients with an Epilepsy diagnosis for a Risk Awareness Form Complete the **Risk Awareness Form** with the patient (or responsible person) and at each annual review for patients with migraine	**Existing Patients** Refer female patients to the specialists for review	**Refer all female patients <55 years to specialist regardless of sterilisation or disability for Risk Acknowledgement Form signed by 2 specialists**

Important - Epilepsy/ Mental Health

Ensure patients new to the practice are under a specialist with an in date Valproate Risk Acknowledgement Form/ Topiramate Risk Awareness Form. Refer patients without a specialist to the relevant local service.

Migraine

Ensure patients have an up-to-date Topiramate Risk Awareness Form. This may be completed in primary care where patients are not under a specialist

Pregnancy While on Valproate or Topiramate

Patients MUST have urgent referrals to antenatal clinic and to their specialist for emergency reviews. The risks of valproate and topiramate during pregnancy must be discussed. Inform patient to only stop taking their medication on advice from specialist.

Only stop and change to alternative medication on advice from specialist

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SNOMED Codes for Valproate and Topiramate

1 Risk acknowledgement

Description	SNOMED Code
Valproate Annual Risk Acknowledgement Form completed (situation)	1366401000000107
Topiramate Pregnancy Prevention Programme Annual Risk Awareness Form completed (situation)	2181271000000102

Final