

## Foetal Valproate Syndrome

*Fetal Valproate Syndrome (FVS) is the name given to a pattern of birth defects, and developmental problems that may be seen in children whose mothers took the anticonvulsant drug (Epilim, Sodium Valproate) during pregnancy.*

### About Epilim (Sodium Valproate)

*It is important to note that Epilim (Sodium Valproate) is not only used or prescribed for Epilepsy but also for Bipolar disorder, Depression, Migraine Headaches, Pain Relief and it is also prescribed in treatment for other medical conditions*

### Sodium Valproate in Pregnancy

*The use of sodium valproate in pregnancy is associated with greater risk of neurological and cognitive abnormalities than other anti-convulsant medications*



### Birth defects seen in FVS

- Spina bifida
- Cleft lip and palate
- Facial and skull defects
- Limb defects
- Ear malformations
- Skeletal malformation
- Heart, kidney, urinary tract and genital malformations

Children exposed to Sodium Valproate in pregnancy have a higher than expected frequency of developmental disorders

including autism, developmental delay and ADHD

### Facial Characteristics

- Small mouth, thin upper lip
- Everted lower lip
- Flat philtrum between nose and mouth
- Fine arched eyebrows
- skin crease under eyes

## Your baby check examination

*This should be carried out by someone with knowledge of FVS and needs to include a careful check of the baby's palate, limbs, heart and head shape. **It's OK to breastfeed.** Blood sugar check only if baby has symptoms of low blood sugar*

### The Diagnosis

*Should be made by health care professional with expertise in the area of genetics. Genetic testing, including chromosome analysis and Fragile x analysis should be carried out to check for an alternative cause for a child's malformations or developmental disorder.*

### Children diagnosed with FVS

*Should have a full medical investigation, including heart and kidney scans, with hearing and vision assessments.*



### Our hope!

*Is to ensure that people living with FVS along with their families will experience better recognition improved public health services and support. There is nothing accomplished alone!*

### The lowest possible dose

*The lowest possible dose of Epilim (Sodium Valproate) medication should be used as well as constant monitoring of the amount of the drug (serum concentration) should be performed.*

### Today it is recognised FVS affects males and females in equal numbers

*Foetal valproate syndrome occurs 30–40% of children exposed to valproate during pregnancy, 10% of whom have malformations, and 30–40% of whom have a significant developmental disorder*



### The Epilim Toolkit

*The Epilim toolkit was produced for patients and prescribers to reinforce the safety message that Epilim is not prescribed for girls or women of child-bearing age unless other treatments are not effective or are not tolerated.*

***Do NOT STOP taking your medication without your doctor's advice!***

### You will find your Epilim toolkit

#### OACS Ireland Website:

[www.oacsireland.com](http://www.oacsireland.com)

#### Email Address:

[info.oacsireland@gmail.com](mailto:info.oacsireland@gmail.com)

#### UK Website:

[www.oacscharity.org](http://www.oacscharity.org)

#### Email Address:

[oacsfamilies@gmail.com](mailto:oacsfamilies@gmail.com)



# O.A.C.S Ireland



## Organisation Anticonvulsant Syndromes Ireland


Charity Number (RCN) 20204646




Raising Awareness



Supporting Families



Developing Understanding



Promoting Research