

# 認識丙戊酸鈉

How to take Sodium Valproate  
(Epilim®)



## 應要 Do's

- 嚴格遵從醫生指示。  
Follow the Doctor's instructions
- 留意藥物之劑量、性質功效禁忌和副作用。  
Be aware of the drug dosage, contraindications and side effects.
- 妥善儲存。  
Appropriate storage conditions.
- 定時、定量服食，完成整個療程。  
Keep taking until your doctor tells you to stop.  
Do not stop taking Epilim® just because you feel better. If you stop your fits may come back.



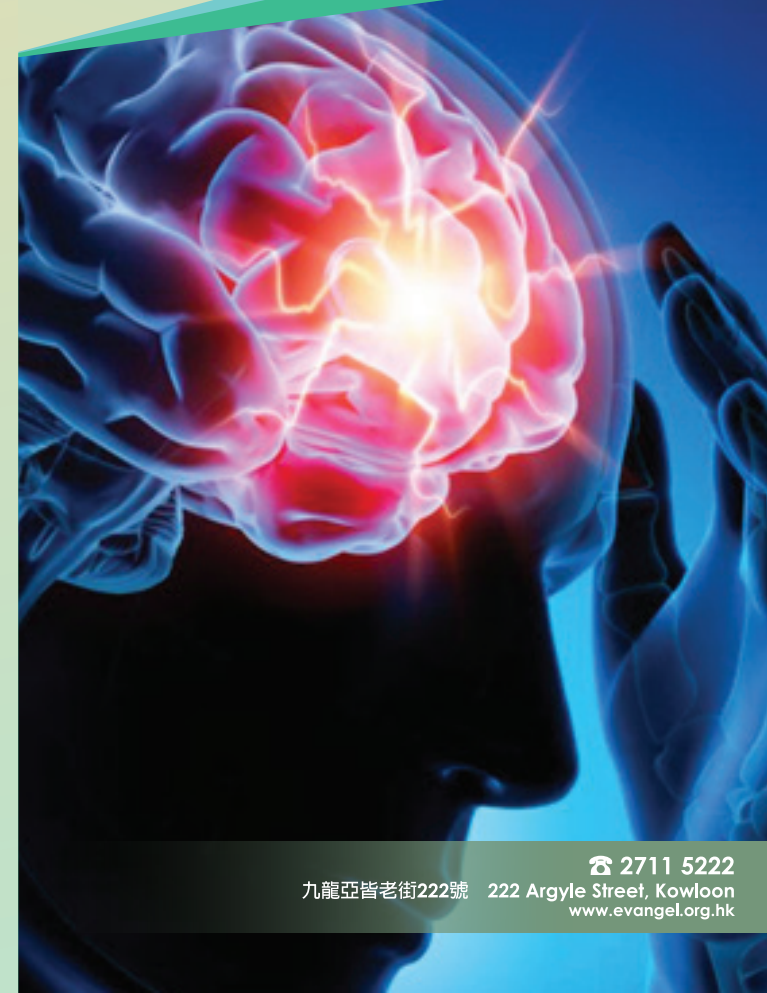
## 不要 Don'ts

- 擅自改變分量或停止服用。  
Change the dosage or stop taking the medication unless discussed with the doctor.
- 與酒精飲品同服。  
Take with alcohol.
- 非由醫生指示而同時服用多種藥物。  
Take other medications without doctor's instructions.

- 本藥物資訊僅供參考之用。  
This information leaflet is for reference only.
- 請按醫生指示用藥。  
Medications should be used as directed by the doctor.
- 切勿將自己的藥物給予他人使用。  
Do not share your medicines with others.
- 如有疑問，請向主診醫生或藥劑師查詢。  
For further enquires, please consult your doctor or pharmacist.

### References

Department of Health, HKSAR  
Product insert of Epilim® Chrono 200mg, 300mg and 500mg  
Controlled Release Tablets © Sanofi 2006-2018  
Castle Peak Hospital leaflet on psychiatric medications  
Epilepsy Foundation



# 甚麼是 What is 腦癇症？ Epilepsy



**腦癇症**是一種神經系統疾病，患者通常會在兩次癲癇發作（或一次高風險的癲癇發作後）後被診斷為腦癇症，而這些癲癇的發作並非由患者本身其他已知的疾病所引致。

**Epilepsy** is a neurological condition which affects the nervous system. Epilepsy is also known as a seizure disorder. It is usually diagnosed after a person has had at least two seizures (or after one seizure with a high risk for more) that were not caused by some known medical conditions.

## 穩得寧® 的用途

### What Valproate (Epilim®) is used for ?

- 穩得寧®的主要成分是丙戊酸鈉，屬於抗驚厥及抗癲癇類藥物，可用於控制成人及兒童腦癇症，亦有助於穩定情緒。  
The active ingredients of Epilim® is Sodium Valproate, which belongs to a group of medicines called anti-convulsants or antiepileptic agents. It works by helping to calm the brain down to treat epilepsy (fits) in adults and children.

## 用藥須知

### What you need to know?

除非經醫生的諮詢，以下類別的人士不宜服用穩得寧®：  
Do not take Epilim® and inform your doctor if:

- 對丙戊酸鈉或穩得寧®的任何成分過敏的人士。  
Allergic (hypersensitive) to sodium valproate or any of the other ingredients of Epilim®.
- 有肝臟問題，或家族肝臟病史的人士。  
People who have liver problems or family history of liver problems.
- 患有紫質症的人士。  
People who have porphyria.
- 孕婦。  
People who are pregnant.
- 正處於生育年紀的婦女，在服用期間必須採取有效的避孕措施。在諮詢醫生的意見前，切勿停止服用或停止避孕措施。  
For a woman able to have a baby you must not take unless you use an effective method of birth control (contraception) at all times during your treatment. Do not stop taking Epilim or your contraception before consulting your doctor.

## 副作用

### Possible side effects

- 常見的副作用有頭暈、嗜睡、腸胃不適等，亦有可能影響肝功能。  
Common side effects like dizziness, drowsiness, gastrointestinal disturbances, and liver functions disturbances.

## 正在懷孕、哺乳及處於生育年紀婦女的重要須知

### Pregnancy, breast-feeding and fertility note for women

- 在懷孕期間服用會對胎兒構成嚴重的影響，亦有可能會形成畸胎。

Valproate can seriously harm an unborn baby when taken during pregnancy, which have the teratogenic potential.

- 可能會導致胎兒的嚴重先天性畸形或神經系統發育障礙，並可能影響孩子日後的成長發展。在懷孕期間服用的婦女比其他孕婦會有較大的機會產下有先天性缺陷的孩子。  
Children exposed in utero to valproate would have a high risk for congenital malformations and neurodevelopmental disorders, which can affect the way in which the child develops as it grows. If you take valproate during pregnancy you have a higher risk than other women of having a child with birth defects that require medical treatment.
- 婦女在接受治療前需要接受妊娠試驗，以確保沒有懷孕。  
Pregnancy must be excluded before start of treatment with the result of a pregnancy test, confirmed by your doctor.
- 在服藥期間已經懷孕或可能懷孕的婦女，應該立即通知醫生。  
Schedule an urgent appointment with your doctor if you want to become pregnant or if you think you are pregnant.
- 如果你的孩子正在接受治療，父母或看護人應該在孩子第一次月經（初潮）後諮詢醫生的意見。  
If you are a parent or a caregiver of a female child treated with Epilim®, you should contact the doctor once your child experiences their first period (menarche).
- 部分含有雌激素的避孕藥或許會降低血液中的丙戊酸鹽含量，請諮詢醫生的意見以採取適合的避孕措施。  
Some birth control pills (oestrogen-containing birth control pills) may lower valproate levels in your blood, consult your doctor for the appropriate method of birth control (contraception).
- 少量的丙戊酸鈉會出現在母乳中，婦女在餵哺母乳前請諮詢醫生的意見。  
Very little valproate gets into the breast milk. Discuss with your doctor before breastfeeding.