

EPILIM®
(Sodium Valproate)
EPILIM® CHRONO
(Sodium Valproate/Valproic Acid)

[sanofi logo]

COMPOSITION

Epilim chrono (unscored tablet)

Epilim Chrono 200	<u>per tab.</u>
Sodium valproate	133.2 mg
Valproic acid.....	58.0 mg
corresponding to 200 mg of sodium valproate for 1 tablet.	

Epilim Chrono 300	<u>per tab.</u>
Sodium valproate	199.8 mg
Valproic acid.....	87.0 mg
corresponding to 300 mg of sodium valproate for 1 tablet.	

Epilim chrono (scored tablet)

Epilim Chrono 500	<u>per tab.</u>
Sodium valproate	333.0 mg
Valproic acid.....	145.0 mg
corresponding to 500 mg of sodium valproate for 1 tablet.	

Epilim enteric coated tablets

Epilim 200 Enteric Coated Tablets	<u>per tab.</u>
Sodium valproate	200.0 mg

Epilim syrup

Epilim Syrup	<u>per 5 ml</u>
Sodium valproate	200.0 mg

CLINICAL PARTICULARS

Therapeutic Indications

Epilepsy

For oral administration in the treatment of generalized, partial or other epilepsy with the following patterns of seizures:

- absence
- myoclonic
- tonic-clonic
- atonic
- mixed

As well as, for partial epilepsy:

- simple or complex seizures
- secondary generalized seizures
- specific syndromes (West, Lennox-Gastaut)

Mania

For treatment of mania where other therapy has proved inadequate or is inappropriate.

Posology and Method of Administration

Epilim Chrono Controlled Release tablets are for oral administration.

Epilim Chrono is a prolonged release formulation of Epilim which reduces peak concentration and ensures more even plasma concentrations throughout the day.

Epilim Chrono may be given once or twice daily. The tablets should be swallowed whole and not crushed or chewed.

Daily dosage requirements vary according to age and body weight.

In patients where adequate control has been achieved Epilim Chrono formulations are interchangeable with other conventional or prolonged release formulations on an equivalent daily dosage basis.

In view of the sustained release process and the nature of the excipients in the formula, the inert matrix of the granules is not absorbed by the digestive tract. It is eliminated in the stools after the active substances have been released.

Epilim Enteric Coated Tablets are for oral administration.

Daily dosage requirements vary according to age and body weight.

Epilim tablets may be given twice daily. Tablets should be swallowed whole and not crushed or chewed.

In patients where adequate control has been achieved Epilim Chrono formulations are interchangeable with other conventional or prolonged release formulations on an equivalent daily dosage basis.

Epilim Syrup is for oral administration.

Daily dosage requirements vary according to age and body weight.

Epilim Syrup may be given twice daily. If it is necessary to dilute Epilim Syrup, the recommended diluent is Syrup BP, but syrup containing SO₂ as a preservative should not be used. The diluted product will have a 14-day shelf life.

Dosage

Epilepsy

Usual requirements are as follows:

Adults

Dosage should start at 600mg daily increasing by 200mg at three-day intervals until control is achieved. This is generally within the dosage range 1000mg to 2000mg per day, ie 20-30mg/kg body weight. Where adequate control is not achieved within this range the dose may be further increased to 2500mg per day.

Children over 20kg

Initial dosage should be 400mg/day (irrespective of weight) with spaced increases until control is achieved; this is usually within the range 20-30mg/kg body weight per day.

Children under 20kg

20mg/kg of body weight per day; in severe cases this may be increased but only in patients in whom plasma valproic acid levels can be monitored. Above 40mg/kg/day, clinical chemistry and haematological parameters should be monitored. Epilim syrup should be used in this group of patients.

Use in the elderly

Although the pharmacokinetics of valproate are modified in the elderly, they have limited clinical significance and dosage should be determined by seizure control. The volume of distribution is increased in the elderly and because of decreased binding to serum albumin, the proportion of free drug is increased. This will affect the clinical interpretation of plasma valproic acid levels.

In patients with renal insufficiency

It may be necessary to decrease dosage. Dosage should be adjusted according to clinical monitoring since monitoring of plasma concentrations may be misleading (*see Pharmacokinetic Properties*).

In patients with hepatic insufficiency

Salicylates should not be used concomitantly with valproate since they employ the same metabolic pathway (*see also Special Warnings and Precautions for Use and Undesirable Effects*). Liver dysfunction, including

hepatic failure resulting in fatalities, has occurred in patients whose treatment included valproic acid (*see Contra-indications and Special Warnings and Precautions for Use*).

Salicylates should not be used in children under 16 years (*see aspirin/salicylate product information on Reye's syndrome*). In addition in conjunction with Epilim, concomitant use in children under 3 years should be avoided as it can increase the risk of liver toxicity (*see Special Warnings*).

In female children, women of childbearing potential and pregnant women

Epilim must be initiated and supervised by a specialist experienced in the management of epilepsy. Valproate should not be used in female children and women of childbearing potential unless other treatments are ineffective or not tolerated.

In the exceptional circumstance when valproate is the only treatment option during pregnancy in epileptic women, Epilim should preferably be prescribed as monotherapy and at the lowest effective dose, if possible as a prolonged release formulation. The daily dose of non-prolonged release formulations should be divided into at least two single doses during pregnancy.

Combined Therapy

When starting Epilim in patients already on other anticonvulsants, these should be tapered slowly: initiation of Epilim therapy should then be gradual, with target dose being reached after about 2 weeks. In certain cases it may be necessary to raise the dose by 5 to 10mg/kg/day when used in combination with anticonvulsants which induce liver enzyme activity, eg phenytoin, phenobarbitone and carbamazepine. Once known enzyme inducers have been withdrawn it may be possible to maintain seizure control on a reduced dose of Epilim. When barbiturates are being administered concomitantly and particularly if sedation is observed (particularly in children) the dosage of barbiturate should be reduced.

NB: In children requiring doses higher than 40mg/kg/day clinical chemistry and haematological parameters should be monitored.

Optimum dosage is mainly determined by seizure control and routine measurement of plasma levels is unnecessary. However, a method for measurement of plasma levels is available and may be helpful where there is poor control or side effects are suspected (*see Pharmacokinetic Properties*).

Mania

Initially dosage should start with 600mg daily increasing by 200mg/day at three-day intervals until control is achieved. This is generally within the range 1,000 to 2,000 mg/day (ie 20 to 30mg/kg/day). Where adequate control is not achieved within this range the dose may be further increased to 2,500mg/day.

Contra-indications

- Active liver disease
- Personal or family history of severe hepatic dysfunction, especially drug related
- Hypersensitivity to sodium valproate
- Porphyria
- Known urea cycle disorders
- Patients known to have mitochondrial disorders caused by mutations in the nuclear gene encoding mitochondrial enzyme polymerase γ (POLG, e.g. Alpers-Huttenlocher Syndrome) and in children under two years of age who are suspected of having a POLG-related disorder (*see Special warnings*).
- Treatment of epilepsy
 - in pregnancy unless there is no suitable alternative treatment.
 - in women of childbearing potential, unless no other alternative treatment

Special Warnings and Precautions for Use

Liver dysfunction

Conditions of occurrence:

Severe liver damage, including hepatic failure sometimes resulting in fatalities, has been very rarely reported. Experience in epilepsy has indicated that patients most at risk, especially in cases of multiple anticonvulsant therapy, are infants and in particular young children under the age of 3 and those with severe seizure disorders, organic brain disease, and (or) congenital metabolic or degenerative disease associated with mental retardation.

After the age of 3, the incidence of occurrence is significantly reduced and progressively decreases with age. The concomitant use of salicylates should be avoided in children under 3 due to the risk of liver toxicity. Additionally, salicylates should not be used in children under 16 years (*see aspirin/salicylate product information on Reye's syndrome*).

Monotherapy is recommended in children under the age of 3 years when prescribing Epilim, but the potential benefit of Epilim should be weighed against the risk of liver damage or pancreatitis in such patients prior to initiation of therapy.

In most cases, such liver damage occurred during the first 6 months of therapy, the period of maximum risk being 2-12 weeks.

Suggestive signs:

Clinical symptoms are essential for early diagnosis. In particular the following conditions, which may precede jaundice, should be taken into consideration, especially in patients at risk (*see above: 'Conditions of occurrence'*):

- non specific symptoms, usually of sudden onset, such as asthenia, malaise, anorexia, lethargy, oedema and drowsiness, which are sometimes associated with repeated vomiting and abdominal pain.
- in patients with epilepsy, recurrence of seizures.

These are an indication for immediate withdrawal of the drug.

Patients (or their family for children) should be instructed to report immediately any such signs to a physician should they occur. Investigations including clinical examination and biological assessment of liver function should be undertaken immediately.

Detection:

Liver function should be measured before and then periodically monitored during the first 6 months of therapy, especially in those who seem most at risk, and those with a prior history of liver disease.

Amongst usual investigations, tests which reflect protein synthesis, particularly prothrombin rate, are most relevant.

Confirmation of an abnormally low prothrombin rate, particularly in association with other biological abnormalities (significant decrease in fibrinogen and coagulation factors; increased bilirubin level and raised transaminases) requires cessation of Epilim therapy.

As a matter of precaution and in case they are taken concomitantly salicylates should also be discontinued since they employ the same metabolic pathway.

As with most antiepileptic drugs, increased liver enzymes are common, particularly at the beginning of therapy; they are also transient.

More extensive biological investigations (including prothrombin rate) are recommended in these patients; a reduction in dosage may be considered when appropriate and tests should be repeated as necessary.

Pancreatitis

Pancreatitis, which may be severe and result in fatalities, has been very rarely reported. Patients experiencing nausea, vomiting or acute abdominal pain should have a prompt medical evaluation (including measurement of serum amylase). Young children are at particular risk; this risk decreases with increasing age. Severe seizures and severe neurological impairment with combination anticonvulsant therapy may be risk factors. Hepatic failure with pancreatitis increases the risk of fatal outcome. In case of pancreatitis, valproate should be discontinued.

Female children, women of childbearing potential and pregnant women

The prescriber must ensure that

- Individual circumstances are evaluated in each case and discussed with the patient. This is to guarantee the patient's engagement and understanding of the therapeutic options together with the risks and the measures needed to mitigate the risks.
 - the potential for pregnancy is assessed for all female patients.
 - the patient understands and acknowledges the risks of congenital malformations and neurodevelopmental disorders including the magnitude of these risks for children exposed to valproate *in utero*.
 - the patient understands the need to undergo pregnancy testing prior to initiation of treatment and during treatment, as needed.
 - the patient is counselled regarding contraception, and that the patient is capable of complying with the need to use effective contraception (see subsection contraception of this warning), without interruption during the entire duration of treatment with valproate.
 - the patient understands the need for regular (at least annual) review of treatment by a specialist experienced in the management of epilepsy
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- the patient understands the need to consult her physician as soon as she is planning pregnancy to ensure timely discussion and switching to alternative treatment options prior to conception, and before contraception is discontinued.
 - the patient understands the need to urgently consult her physician in case of pregnancy.
 - the patient has received the patient guide.
 - the patient has acknowledged that she has understood the hazards and necessary precautions associated with valproate use (Annual Risk Acknowledgement Form).
- These conditions also concern women who are not currently sexually active unless the prescriber considers that there are compelling reasons to indicate that there is no risk of pregnancy.

Female children

- The prescribers must ensure that parents/caregivers of female children understand the need to contact the specialist once the female child using valproate experiences menarche.
- The prescriber must ensure that parents/caregivers of female children who have experienced menarche are provided with comprehensive information about the risks of congenital malformations and neurodevelopmental disorders including the magnitude of these risks for children exposed to valproate *in utero*.
- In patients who experienced menarche, the prescribing specialist must reassess the need for valproate therapy annually and consider alternative treatment options. If valproate is the only suitable treatment, the need for using effective contraception and all other conditions of pregnancy prevention program should be discussed. Every effort should be made by the specialist to switch the female children to alternative treatment before they reach adulthood.

Pregnancy test

Pregnancy must be excluded before start of treatment with valproate. Treatment with valproate must not be initiated in women of child bearing potential without a negative pregnancy test (plasma pregnancy test) result, confirmed by a health care provider, to rule out unintended use in pregnancy.

Contraception

Women of childbearing potential who are prescribed valproate must use effective contraception, without interruption during the entire duration of treatment with valproate. These patients must be provided with comprehensive information on pregnancy prevention and should be referred for contraceptive advice if they are not using effective contraception. At least one effective method of contraception (preferably a user-independent form such as an intra-uterine device or implant) or two complementary forms of contraception including a barrier method should be used. Individual circumstances should be evaluated in each case, when choosing the contraception method involving the patient in the discussion, to guarantee her engagement and compliance with the chosen measures. Even if she has amenorrhea she must follow all the advice on effective contraception.

Annual treatment reviews by a specialist

The specialist should at least annually review whether valproate is the most suitable treatment for the patient. The specialist should discuss the annual risk acknowledgement form, at initiation and during each annual review and ensure that the patient has understood its content.

Estrogen-containing products

Valproate does not reduce efficacy of hormonal contraceptives.

However, estrogen-containing products, including estrogen-containing hormonal contraceptives, may increase the clearance of valproate, which may result in decreased serum concentration of valproate and potentially decreased valproate efficacy. Prescribers should monitor clinical response (seizure control or mood control) when initiating, or discontinuing estrogen-containing products. Consider monitoring of valproate serum levels.

Suicidal ideation and behaviour

Suicidal ideation and behaviour have been reported in patients treated with anti-epileptic agents in several indications. A meta-analysis of randomized placebo controlled trials of anti-epileptic drugs has also shown a small increased risk of suicidal ideation and behaviour. The mechanism of this risk is not known and the available data do not exclude the possibility of an increased risk for sodium valproate.

Therefore patients should be monitored for signs of suicidal ideation and behaviours and appropriate treatment should be considered. Patients (and caregivers of patients) should be advised to seek medical advice should signs of suicidal ideation or behaviour emerge.

Carbapenem agents:

The concomitant use of valproate and carbapenem agents is not recommended (*see Interactions with Other Medicaments and Other Forms of Interaction*).

Patients with known or suspected mitochondrial disease

Valproate may trigger or worsen clinical signs of underlying mitochondrial diseases caused by mutations of mitochondrial DNA as well as the nuclear-encoded POLG gene. In particular, acute liver failure and liver related deaths have been associated with valproate treatment at a higher rate in patients with hereditary neurometabolic syndromes caused by mutations in the gene for mitochondrial enzyme polymerase γ (POLG: e.g. Alpers-Huttenlocher Syndrome). POLG-related disorders should be suspected in patients with a family history or suggestive syndromes of a POLG-related disorder, including but not limited to un-explained encephalopathy, refractory epilepsy (focal, myoclonic), status epilepticus at presentation, developmental delays, psychomotor regression, axonal sensorimotor neuropathy, myopathy cerebellar ataxia, ophthalmoplegia, or complicated migraine with occipital aura. POLG mutation testing should be performed in accordance with current clinical practice for the diagnostic evaluation of such disorders (*see Contraindications*).

Aggravated convulsions

As with other antiepileptic drugs, some patients may experience, instead of an improvement, a reversible worsening of convulsion frequency and severity (including status epilepticus), or the onset of new types of convulsions with valproate. In case of aggravated convulsions, the patients should be advised to consult their physician immediately.

Precautions

Haematological test: Blood tests (blood cell count, including platelet count, bleeding time and coagulation tests) are recommended prior to initiation of therapy or before surgery, and in case of spontaneous bruising or bleeding (*see Undesirable Effects*).

Renal insufficiency:

In patients with renal insufficiency, it may be necessary to decrease dosage. As monitoring of plasma concentrations may be misleading, dosage should be adjusted according to clinical monitoring (*see Posology and Method of Administration and Pharmacokinetic Properties*).

Patients with Systemic lupus erythematosus: Although immune disorders have only rarely been noted during the use of Epilim, the potential benefit of Epilim should be weighed against its potential risk in patients with systemic lupus erythematosus (*see also Undesirable Effects*).

Hyperammonaemia: When a urea cycle enzymatic deficiency is suspected, metabolic investigations should be performed prior to treatment because of the risk of hyperammonaemia with valproate.

Hyperammonaemia, which may be present in the absence of abnormal liver function tests, can occur in patients during treatment with sodium valproate. This may occasionally present clinically, with or without lethargy or coma, as vomiting, ataxia and increasing clouding of consciousness.

Should these symptoms occur, hyperammonaemic encephalopathy should be considered (*see Urea Cycle Disorders*) and Epilim should be discontinued.

Urea Cycle Disorders (UCD): Hyperammonaemic encephalopathy, sometimes fatal, has been reported following initiation of valproate therapy in patients with urea cycle disorders, a group of uncommon genetic abnormalities, particularly ornithine transcarbamylase deficiency. Prior to the initiation of valproate therapy, evaluation for UCD should be considered in the following patients:

1) those with a history of unexplained encephalopathy or coma, encephalopathy associated with a protein load, pregnancy-related or postpartum encephalopathy, unexplained mental retardation, or history of elevated plasma ammonia or glutamine; 2) those with cyclical vomiting and lethargy, episodic extreme irritability, ataxia, low BUN, or protein avoidance; 3) those with a family history of UCD or a family history of unexplained infant deaths (particularly males); 4) those with other signs or symptoms of UCD. Patients who develop symptoms of unexplained hyperammonaemic encephalopathy while receiving valproate therapy should receive prompt treatment (including discontinuation of valproate therapy) and be evaluated for underlying urea cycle disorders.

Alcohol: Alcohol intake is not recommended during treatment with valproate.

Ornithine Transcarbamylase (OTC) Deficiency: The females who are heterozygous for OTC deficiency have a spectrum of clinical and biochemical findings, depending on the extent of inactivation of the X-chromosome. Females may show a range of symptoms due to hyperammonaemia which, may be episodic, and therefore difficult to diagnose. The acute symptoms include headaches, vomiting, irritability, bizarre behaviour, lethargy, ataxia, tremors, seizures (generalised tonic-clonic or focal) and coma. Valproate may precipitate hyperammonaemia symptoms in those who have pre-existing OTC deficiency. As the symptoms may include seizures, any female with valproate-associated symptomatic hyperammonaemia should be evaluated for OTC deficiency. Investigations should include measurement of plasma amino acids and the immediate cessation of valproate should result in clinical improvement

Weight gain: Epilim very commonly causes weight gain, which may be marked and progressive. Patients should be warned of the risk of weight gain at the initiation of therapy and appropriate strategies should be adopted to minimise it (*see Undesirable Effects*).

Carnitine Palmitoyltransferase (CPT) Type II Deficiency: Patients with an underlying CPT type II deficiency should be warned of the greater risk of rhabdomyolysis when taking valproate.

Pregnancy: Women of childbearing potential should not be started on Epilim without specialist neurological advice. Adequate counselling should be made available to all women of childbearing potential regarding the risks associated with pregnancy because of the potential teratogenic risk to the foetus (see also Pregnancy and Lactation).

Women who are likely to get pregnant, should receive specialist advice because of the potential teratogenic risk to the foetus (*see also Pregnancy and Lactation*).

Diabetic patients: Valproate is eliminated mainly through the kidneys, partly in the form of ketone bodies; this may give false positives in the urine testing of possible diabetics.

Care should be taken when treating diabetic patients with Epilim syrup which contains sucrose 3.6g/5ml.

Interactions with Other Medicaments and Other Forms of Interaction

Effects of Valproate on other drugs

- *Neuroleptics, MAO inhibitors, antidepressants and benzodiazepines*

Valproate may potentiate the effect of other psychotropics such as neuroleptics, MAO inhibitors, antidepressants and benzodiazepines; therefore, clinical monitoring is advised and dosage should be adjusted when appropriate.

- Phenobarbital

Valproate increases phenobarbital plasma concentrations (due to inhibition of hepatic catabolism) and sedation may occur, particularly in children. Therefore, clinical monitoring is recommended throughout the first 15 days of combined treatment with immediate reduction of Phenobarbital doses if sedation occurs and determination of phenobarbital plasma levels when appropriate.

- Primidone

Valproate increases primidone plasma levels with exacerbation of its adverse effects (such as sedation); these signs cease with long term treatment. Clinical monitoring is recommended especially at the beginning of combined therapy with dosage adjustment when appropriate.

- Phenytoin

Valproate decreases phenytoin total plasma concentration. Moreover valproate increases phenytoin free form with possible overdosage symptoms (valproic acid displaces phenytoin from its plasma protein binding sites and reduces its hepatic catabolism). Therefore clinical monitoring is recommended; when phenytoin plasma levels are determined, the free form should be evaluated.

- Carbamazepine

Clinical toxicity has been reported when valproate was administered with carbamazepine as valproate may potentiate toxic effects of carbamazepine. Clinical monitoring is recommended especially at the beginning of combined therapy with dosage adjustment when appropriate.

- Lamotrigine

Epilim reduces the metabolism of lamotrigine and increases the lamotrigine mean half life by nearly two fold. This interaction may lead to increased lamotrigine toxicity, in particular serious skin rashes. Therefore clinical monitoring is recommended and dosages should be adjusted (lamotrigine dosage decreased) when appropriate.

- Zidovudine

Valproate may raise zidovudine plasma concentration leading to increased zidovudine toxicity.

- Olanzapine

Valproic acid may decrease the olanzapine plasma concentration.

- Rufinamide

Valproic acid may lead to an increase in plasma levels of rufinamide. This increase is dependent on concentration of valproic acid. Caution should be exercised, in particular in children, as this effect is larger in this population.

- Propofol

Valproic acid may lead to an increased blood level of propofol. When co-administered with valproate, a reduction of the dose of propofol should be considered.

- Nimodipine

Concomitant treatment of nimodipine with valproic acid may increase nimodipine plasma concentration by 50 %.

- Vitamin K-dependent anticoagulants

The anticoagulant effect of warfarin and other coumarin anticoagulants may be increased following displacement from plasma protein binding sites by valproic acid. The prothrombin time should be closely monitored.

- Temozolomide

Co-administration of temozolomide and valproate may cause a small decrease in the clearance of temozolomide that is not thought to be clinically relevant.

Effects of other drugs on Valproate

-Antiepileptics

Antiepileptics with enzyme inducing effect (including *phenytoin, phenobarbital, carbamazepine*) decrease valproic acid plasma concentrations. Dosages should be adjusted according to blood levels in case of combined therapy.

On the other hand, combination of *felbamate* and Epilim may increase valproic acid plasma concentration. Epilim dosage should be monitored.

Valproic acid metabolite serum levels may be increased in case of concomitant use with phenytoin or phenobarbital. Therefore patients treated with those two drugs should be carefully monitored for signs and symptoms of hyperammonemia.

- Mefloquine and chloroquine

Mefloquine and chloroquine increase valproic acid metabolism and may lower the seizure threshold; therefore epileptic seizures may occur in cases of combined therapy. Accordingly, the dosage of Epilim may need adjustment.

- Highly protein bound agents

In case of concomitant use of valproate and *highly protein bound agents (e.g. aspirin)*, free valproic acid plasma levels may be increased.

- Vitamin K dependent factor anticoagulant

Close monitoring of prothrombin rate should be performed in case of concomitant use of vitamin K dependent factor anticoagulant

- Cimetidine or erythromycin

Valproic acid plasma levels may be increased (as a result of reduced hepatic metabolism) in case of concomitant use with *cimetidine* or *erythromycin*.

- Carbapenem agents

Carbapenem antibiotics such as *imipenem, panipenem* and *meropenem*: Decrease in valproic acid blood level, sometimes associated with convulsions, has been observed when imipenem or meropenem were combined. If these antibiotics have to be administered, close monitoring of valproic acid blood levels is recommended.

-Cholestyramine

Cholestyramine may decrease the absorption of Epilim.

-Rifampicin

Rifampicin may decrease the valproic acid blood levels resulting in a lack of therapeutic effect. Therefore, valproate dosage adjustment may be necessary when it is co-administered with rifampicin.

-Protease inhibitors

Protease inhibitors such as lopinavir, ritonavir decrease valproate plasma level when co-administered.

- Estrogen-containing products

Estrogen-containing products, including estrogen-containing hormonal contraceptives, may increase the clearance of valproate, which may result in decreased serum concentration of valproate and potentially decreased valproate efficacy. Prescribers should monitor clinical response (seizure control or mood control), when adding, or discontinuing estrogen-containing products. Consider monitoring of valproate plasma levels.

Valproate usually has no enzyme inducing effect; as a consequence, valproate does not reduce efficacy of oestrogenic agents in women receiving hormonal contraception.

Other Interactions

Caution is advised when using Epilim in combination with newer anti-epileptics whose pharmacodynamics may not be well established.

Concomitant administration of valproate and topiramate or acetazolamide has been associated with encephalopathy and/or hyperammonaemia. In patients taking these two drugs, careful monitoring of signs and symptoms is advised in particularly at risk patients such as those with pre-existing encephalopathy.

Co-administration of valproate and quetiapine may increase the risk of neutropenia/leucopenia.

Pregnancy and Lactation

Women of childbearing potential should not be started on Epilim without specialist neurological advice.

Adequate counselling should be made available to all women of childbearing potential regarding the risks associated with pregnancy because of the potential teratogenic risk to the foetus (*see also Pregnancy*). Women who are taking Epilim and who may become pregnant should receive specialist neurological advice and the benefits of its use should be weighed against the risks.

Epilim is the antiepileptic of choice in patients with certain types of epilepsy such as generalised epilepsy ± myoclonus/photosensitivity. For partial epilepsy, Epilim should be used only in patients resistant to other treatment. If pregnancy is planned, consideration should be given to cessation of Epilim treatment, if appropriate.

When Epilim treatment is deemed necessary, precautions to minimize the potential teratogenic risk should be followed (*see also below paragraph entitled "In view of the above data"*).

Pregnancy

Valproate is contraindicated as treatment for epilepsy during pregnancy unless there is no suitable alternative to treat epilepsy. Valproate is contraindicated for use in women of childbearing potential.

Teratogenicity and developmental effects

Valproate was shown to cross the placental barrier both in animal species and in humans.

Pregnancy exposure risk related to valproate

Both valproate monotherapy and valproate polytherapy including other antiepileptics, are frequently associated with abnormal pregnancy outcomes. Available data suggest that antiepileptic polytherapy including valproate may be associated with a greater risk of congenital malformations than valproate monotherapy.

In animals: teratogenic effects have been demonstrated in mice, rats and rabbits.

- Congenital malformations

Data from a meta-analysis (including registries and cohort studies) has shown that 10.73% of children of epileptic women exposed to valproate monotherapy during pregnancy suffer from congenital malformations (95% CI: 8.16 -13.29). This is a greater risk of major malformations than for the general population, for whom the risk is about 2-3%. The risk is dose dependent but a threshold dose below which no risk exists cannot be established

Available data show an increased incidence of minor or major malformations. The most common types of malformations include neural tube defects, facial dysmorphism, cleft lip and palate, craniostenosis, cardiac, renal and urogenital defects, limb defects (including bilateral aplasia of the radius), and multiple anomalies involving various body systems.

In utero exposure to valproate may also result in hearing impairment/loss due to ear and/or nose malformations (secondary effect) and/or to direct toxicity on the hearing function.

Cases describe both unilateral and bilateral deafness or hearing impairment. Outcomes were not reported for all cases. When outcomes were reported, the majority of the cases had not resolved. Monitoring of signs and symptoms of ototoxicity is recommended.

- Developmental disorders

Data have shown that exposure to valproate in utero can have adverse effects on mental and physical development of the exposed children. The risk seems to be dose-dependent but a threshold dose below which no risk exists, cannot be established based on available data. The exact gestational period of risk for these effects is uncertain and the possibility of a risk throughout the entire pregnancy cannot be excluded.

Studies in preschool children exposed in utero to valproate show that up to 30-40% experience delays in their early development such as talking and walking later, lower intellectual abilities, poor language skills (speaking and understanding) and memory problems.

Intelligence quotient (IQ) measured in school aged children (age 6) with a history of valproate exposure in utero was on average 7-10 points lower than those children exposed to other antiepileptics. Although the role of confounding factors cannot be excluded, there is evidence in children exposed to valproate that the risk of intellectual impairment may be independent from maternal IQ. There are limited data on the long term outcomes.

Available data from a study conducted using registries in Denmark show that children exposed to valproate in utero are at increased risk of autistic spectrum disorder (approximately 3-fold) and including childhood autism (approximately 5-fold) compared to the unexposed population in the study.

Available data from a second study conducted using registries in Denmark show that children exposed to valproate in utero are at increased risk of developing attention deficit/hyperactivity disorder (ADHD) (approximately 1.5-fold) compared to the unexposed population in the study.

- If a woman plans a pregnancy

For the epilepsy indication, if a woman is planning to become pregnant, a specialist experienced in the management of epilepsy must reassess the valproate therapy and consider alternative treatment options. Every effort should be made to switch to appropriate alternative treatment prior to conception, and before contraception is discontinued. If switching is not possible, the woman should receive further counselling regarding the valproate risks for the unborn child to support her informed decision making regarding family planning.

- Pregnant women

Valproate as treatment for epilepsy is contraindicated in pregnancy unless there is no suitable alternative treatment. If a woman using valproate becomes pregnant, she must be immediately referred to a specialist to consider alternative treatment options. During pregnancy, maternal tonic clonic seizures and status epilepticus with hypoxia may carry a particular risk of death for mother and the unborn child.

If, despite the known risks of valproate in pregnancy and after careful consideration of alternative treatment, in exceptional circumstances a pregnant woman must receive valproate for epilepsy, it is recommended to:

- Use the lowest effective dose and divide the daily dose of valproate into several small doses to be taken throughout the day. The use of a prolonged release formulation may be preferable to other treatment formulations in order to avoid high peak plasma concentrations.

All patients with a valproate exposed pregnancy and their partners should be referred to a obstetrician for evaluation and counselling regarding the exposed pregnancy. Specialized prenatal monitoring should take place to detect the possible occurrence of neural tube defects or other malformations. Folate supplementation (5 mg daily) before the pregnancy may decrease the risk of neural tube defects which may occur in all

pregnancies. However the available evidence does not suggest it prevents the birth defects or malformations due to valproate exposure.

- Risk in the neonate

Very rare cases of haemorrhagic syndrome have been reported in neonates whose mothers have taken Epilim during pregnancy. This haemorrhagic syndrome is related to hypofibrinogenemia; afibrinogenemia has also been reported and may be fatal. These are possibly associated with a decrease of coagulation factors. However, this syndrome has to be distinguished from the decrease of the vitamin-K factors induced by phenobarbitone and other anti-epileptic enzyme inducing drugs.

Therefore, platelet count, fibrinogen plasma level, coagulation tests and coagulation factors should be investigated in neonates.

Cases of hypoglycaemia have been reported in neonates, whose mothers have taken valproate during the third trimester of the pregnancy.

Withdrawal syndromes (such as, in particular, agitation, irritability, hyperexcitability, jitteriness, hyperkinesia, tonicity disorders, tremor, convulsions and feeding disorders) may occur in neonates whose mothers have taken valproate during the last trimester of pregnancy.

- Estrogen-containing products

Valproate does not reduce efficacy of hormonal contraceptives.

However, estrogen-containing products, including estrogen-containing hormonal contraceptives, may increase the clearance of valproate, which may result in decreased serum concentration of valproate and potentially decreased valproate efficacy. Prescribers should monitor clinical response (seizure control or mood control) when initiating, or discontinuing estrogen-containing products. Consider monitoring of valproate serum levels.

Fertility

Amenorrhoea, polycystic ovaries and increased testosterone levels have been reported in women using valproate (*see Undesirable effects*). Valproate administration may also impair fertility in men (*see Undesirable effects*). Case reports indicate that fertility dysfunctions are reversible after treatment discontinuation.

Lactation

Excretion of valproate in breast milk is low, with a concentration between 1 % to 10 % of total maternal serum levels. Although there appears to be no contraindication to breastfeeding, physicians are advised that in any individual case, consideration should be given to the safety profile of Epilim, specifically haematological disorders (*see Undesirable Effects*).

Effects on Ability to Drive and to Use Machines

Use of Epilim may provide seizure control such that the patient may be eligible to hold a driving licence.

Patients should be warned of the risk of transient drowsiness, especially in cases of anticonvulsant polytherapy or association with benzodiazepines (*see Interactions with Other Medicaments and Other Forms of Interaction*).

Undesirable effects

The following CIOMS frequency rating is used, when applicable:

Very common $\geq 10\%$; Common ≥ 1 and $<10\%$; Uncommon ≥ 0.1 and $<1\%$;

Rare ≥ 0.01 and $<0.1\%$; Very rare $<0.01\%$, Unknown (cannot be estimated from available data).

Congenital and familial/genetic disorders: (*see Pregnancy and Lactation*).

Hepato-biliary disorders:

Common: liver injury, severe liver damage, including hepatic failure sometimes resulting in death, has been reported. Increased liver enzymes are common, particularly early in treatment, and may be transient

Gastrointestinal disorders

Very common: nausea*.

Common: vomiting, gingival disorder (mainly gingival hyperplasia), stomatitis, abdominal pain upper, diarrhea frequently occur in some patients at the start of treatment, but they usually disappear after a few days without discontinuing the treatment.

*Also observed a few minutes after intravenous injection with spontaneous resolution within a few minutes.

Uncommon: pancreatitis, sometimes lethal

Nervous system disorders:

Very common: tremor

Common: extrapyramidal disorder, stupor*, somnolence, convulsion*, memory impairment, headache, nystagmus, dizziness (for intravenous injection, dizziness may occur within a few minutes and it usually resolves spontaneously within a few minutes).

Uncommon: coma*, encephalopathy*, lethargy* (see below), reversible parkinsonism, ataxia, paresthesia.

Sedation has been reported occasionally, usually when in combination with other anticonvulsants. In monotherapy it occurred early in treatment on rare occasions and is usually transient. Rare cases of lethargy and confusion occasionally progressing to stupor, sometimes with associated hallucinations or convulsions have been reported. Encephalopathy and coma have very rarely been observed. These cases have often been associated with too high a starting dose or too rapid a dose escalation or concomitant use of other anticonvulsants, notably phenobarbitone or topiramate.. They have usually been reversible on withdrawal of treatment or reduction of dosage. An increase in alertness may occur; this is generally beneficial but occasionally aggression, hyperactivity and behavioural deterioration have been reported.

Blood and lymphatic system disorders

Common: anaemia, thrombocytopenia

Uncommon: pancytopenia, leucopenia The blood picture returned to normal when the drug was discontinued.

Rare: bone marrow failure, including pure red cell aplasia, agranulocytosis, anaemia macrocytic, macrocytosis Isolated findings of a reduction in blood fibrinogen and/or an increase in prothrombin time have been reported, usually without associated clinical signs and particularly with high doses (sodium valproate has an inhibitory effect on the second phase of platelet aggregation). Spontaneous bruising or bleeding is an indication for withdrawal of medication pending investigations.

Musculoskeletal and connective tissue disorders

Uncommon: bone mineral density decreased, osteopenia, osteoporosis and fractures in patients on long-term therapy with valproate. The mechanism by which valproate affect bone metabolism has not been identified.

Rare: systemic lupus erythematosus, rhabdomyolysis

Endocrine disorders

Uncommon: Syndrome of Inappropriate Secretion of ADH (SIADH), hyperandrogenism (hirsutism, virilism, acne, male pattern alopecia, and/or androgen increased)

Rare: hypothyroidism

Metabolism and nutrition disorders

Common: hyponatraemia, weight increased*.

*Weight increase should be carefully monitored since it is a factor for polycystic ovary syndrome

Rare: hyperammonaemia*, obesity

*Cases of isolated and moderate hyperammonemia without change in liver function tests may occur and should not cause treatment discontinuation. However, they may present clinically as vomiting, ataxia, and increasing clouding of consciousness. Should these symptoms occur Epilim should be discontinued. Hyperammonemia associated with neurological symptoms has also been reported. In such cases further investigations should be considered.

Vascular disorders

Common: haemorrhage

Uncommon: vasculitis

General disorders and administration site conditions

Uncommon: hypothermia, non-severe oedema peripheral

Hepatobiliary disorders

Common: liver injury

Reproductive system and breast disorders

Common: dysmenorrhea

Uncommon: amenorrhea

Rare: male infertility, polycystic ovaries

Very rarely gynaecomastia has occurred.

Psychiatric disorders

Common: confusional state, hallucinations, disturbance in attention*, aggression*, agitation*

Rare: abnormal behaviour*, psychomotor hyperactivity*, learning disorder*,

*These ADRs are principally observed in the paediatric population

Skin and subcutaneous tissue disorders:

Common: hypersensitivity, nail and nail bed disorders, transient and /or dose related alopecia. Regrowth normally begins within six months, although the hair may become more curly than previously.

Uncommon: angioedema, rash, hair disorder (such as hair texture abnormal, hair colour changes, hair growth abnormal)

Rare: toxic epidermal necrolysis, Stevens-Johnson syndrome, erythema multiforme, Drug Rash with Eosinophilia and Systemic Symptoms (DRESS) syndrome.

Eye disorders

Not known: **diplopia**

Ear disorders:

Common: deafness

Renal and urinary disorders:

Common: urinary incontinence

Uncommon: renal failure

Rare: enuresis, tubulointerstitial nephritis, reversible Fanconi syndrome (a defect in proximal renal tubular function giving rise to glycosuria, amino aciduria, phosphaturia, and uricosuria) associated with Epilim therapy but the mode of action is as yet unclear.

Respiratory, thoracic and mediastinal disorder

Uncommon: pleural effusion

Investigations:

Rare: coagulation factors decreased (at least one), abnormal coagulation tests (such as prothrombin time prolonged, activated partial thromboplastin time prolonged, thrombin time prolonged, INR prolonged) (see sections 4.4 and 4.6)

Neoplasms benign, malignant and unspecified (including cysts and polyps)

Rare: myelodysplastic syndrome

Overdose

Cases of accidental and deliberate valproate overdose have been reported. At plasma concentrations of up to 5 to 6 times the maximum therapeutic levels, there are unlikely to be any symptoms other than nausea, vomiting and dizziness.

Signs of massive overdose, i.e. plasma concentration 10 to 20 times maximum therapeutic levels, usually include CNS depression or coma with muscular hypotonia, hyporeflexia, miosis, impaired respiratory function, metabolic acidosis, hypotension and circulatory collapse/shock. A favourable outcome is usual, however some deaths have occurred following massive overdose.

Symptoms may however be variable and seizures have been reported in the presence of very high plasma levels (*see also Pharmacokinetic Properties*).

Cases of intracranial hypertension related to cerebral oedema have been reported.

The presence of sodium content in the valproate formulations may lead to hyponatremia when taken in overdose.

Hospital management of overdose should be symptomatic, including cardio-respiratory monitoring. Gastric lavage may be useful up to 10 to 12 hours following ingestion.

Haemodialysis and haemoperfusion have been used successfully. Naloxone has been successfully used in a few isolated cases, sometimes in association with activated charcoal given orally. In case of massive overdose, haemodialysis and haemoperfusion have been used successfully.

PHARMACOLOGICAL PROPERTIES

Pharmacodynamic Properties

Sodium valproate and Valproic acid are anti-convulsants.

The most likely mode of action for valproate is potentiation of the inhibitory action of gamma amino-butyric acid (GABA) through an action on the further synthesis or further metabolism of GABA.

In certain in-vitro studies it was reported that sodium valproate could stimulate HIV replication but studies on peripheral blood mononuclear cells from HIV-infected subjects show that sodium valproate does not have a mitogen-like effect on inducing HIV replication. Indeed the effect of sodium valproate on HIV replication ex-vivo is highly variable, modest in quantity, appears to be unrelated to the dose and has not been documented in man.

Pharmacokinetic Properties

Placental transfer Valproate crosses the placental barrier in animal species and in humans:

- In animal species, valproate crosses the placenta, to a similar extent as in humans.
- In humans, several publications assessed the concentration of valproate in the umbilical cord of neonates at delivery. Valproate serum concentration in the umbilical cord, representing that in the fetuses, was similar to or slightly higher than that in the mothers.

The half-life of sodium valproate is usually reported to be within the range 8-20 hours. It is usually shorter in children.

In patients with severe renal insufficiency it may be necessary to alter dosage in accordance with free plasma valproic acid levels.

The reported effective therapeutic range for plasma valproic acid levels is 40-100mg/litre (278- 694 micromol/litre). This reported range may depend on time of sampling and presence of comedication.

The percentage of free (unbound) drug is usually between 6% and 15% of the total plasma levels. An increased incidence of adverse effects may occur with plasma levels above the effective therapeutic range.

The pharmacological (or therapeutic) effects of Epilim may not be clearly correlated with the total or free (unbound) plasma valproic acid levels.

The pharmacological (or therapeutic) effects of Epilim Chrono may not be clearly correlated with the total or free (unbound) plasma valproic acid levels.

Epilim Chrono formulations are prolonged release formulations which demonstrate in pharmacokinetic studies less fluctuation in plasma concentration compared with other established conventional and modified release Epilim formulations.

In cases where measurement of plasma levels is considered necessary, the pharmacokinetics of Epilim Chrono make the measurement of plasma levels less dependent upon time of sampling.

The Epilim Chrono formulations are bioequivalent to Epilim Liquid and enteric coated (EC) formulations with respect to the mean areas under the plasma concentration time curves.

Steady-state pharmacokinetic data indicate that the peak concentration (C_{max}) and trough concentration (C_{min}) of Epilim Chrono lie within the effective therapeutic range of plasma levels found in pharmacokinetic studies with Epilim EC.

Preclinical Safety Data

NONCLINICAL SAFETY DATA

GENOTOXICITY

Valproate was not mutagenic in bacteria (Ames test), or mouse lymphoma L5178Y cells at thymidine kinase locus (mouse lymphoma assay), and did not induce DNA repair activity in primary culture of rat hepatocytes. After oral administration, valproate did not induce either chromosome aberrations in rat bone marrow, or dominant lethal effects in mice.

In literature, after intraperitoneal exposure to valproate, increased incidences of DNA and chromosome damage (DNA strand-breaks, chromosomal aberrations or micronuclei) have been reported in rodents.

However, the relevance of the results obtained with the intraperitoneal route of administration is unknown.

Statistically significant higher incidences of sister-chromatid exchange (SCE) have been observed in patients exposed to valproate as compared to healthy subjects not exposed to valproate. However, these data may have been impacted by confounding factors. Two published studies examining SCE frequency in epileptic patients treated with valproate versus untreated epileptic patients, provided contradictory results.

The biological significance of an increase in SCE frequency is not known.

CARCINOGENICITY

The 2-year carcinogenicity studies were conducted in mice and rats given oral valproate doses of approximately 80 and 160 mg/kg/day (which are the maximum tolerated doses in these species but less than the maximum recommended human dose based on body surface area). Subcutaneous fibrosarcomas were observed in male rats and hepatocellular carcinomas and bronchiolo-alveolar adenomas were observed in male mice at incidences slightly higher than concurrent study controls but comparable to those in registries of historical controls.

REPRODUCTIVE AND DEVELOPMENTAL TOXICITY

Teratogenic effects (malformations of multiple organ systems) have been demonstrated in mice, rats, and rabbits.

In published literature, behavioral abnormalities have been reported in first generation offspring of mice and rats after *in utero* exposure to clinically relevant doses/exposures of valproate. In mice, behavioral changes have also been observed in the 2nd and 3rd generations, albeit less pronounced in the 3rd generation, following an acute *in utero* exposure of the first generation. The relevance of these findings for humans is unknown.

Pharmaceutical Particulars

List of Excipients

Epilim EC Tablet

Povidone, talc, calcium silicate, magnesium stearate, hypromellose 6, citric acid anhydrous, macrogel 6000, polyvinyl acetate phthalate, diethyl phthalate, stearic acid, violet lake solids, industrial methylated spirits, purified water.

Epilim Chrono

Hypromellose, Ethylcellulose, Hydrated Silica.

Film Coat

Violet coat (Opadry 04-S-6705), containing: Titanium dioxide (E171), Erythrosine BS aluminium lake (E127), Indigo Carmine aluminium lake (E132), Iron Oxide Black (E172), Hypromellose (E464), Macrogel 400, Purified water*.

*Not detected in final formulation

Epilim Syrup

Epilim Syrup contains: Sorbitol powder, Sodium methyl hydroxybenzoate, Sodium propyl hydroxybenzoate, Sodium saccharin, Sucrose, Flavour IFF cherry 740, Ponceau 4R (E124) and Purified water.

Incompatibilities: There are no major incompatibilities.

Shelf Life: 36 months.

Special Precautions for Storage

Epilim is hygroscopic. The tablets should not be removed from their foil until immediately before they are taken. Where possible, blister strips should not be cut. Store in a dry place below 30°C.

Epilim Syrup should be stored at room temperature away from direct sunlight.

Nature and Contents of Container

Epilim Enteric Coated Tablets

Epilim Enteric Coated Tablets are supplied in blister packs further packed into a cardboard carton. Pack size 100 tablets.

Epilim Chrono Tablets

Epilim Chrono Controlled Release tablets are supplied in blister packs further packed into a cardboard carton. Pack size 100 tablets.

Epilim Syrup

Amber glass bottles with polypropylene J-cap or aluminium tamper evident cap with expanded polyethylene seal and amber polyethylene tetrphthalate bottles with polypropylene tamper evident closure. Bottle size 300ml.

Instructions for Use / Handling: None.

PRESENTATIONS

Epilim Chrono 200mg, Unscored, **A lilac coloured, slow released film-coated tablet.**

Epilim Chrono 300mg, Unscored, **A lilac coloured, slow released film-coated tablet.**

Manufactured by: Sanofi Winthrop Industrie

1, rue de la Vierge, Ambarès et Lagrave

33565 - Carbon Blanc Cedex France

Epilim Enteric Coated 200mg, **A lilac coloured, enteric coated tablet.**

Manufactured by: Sanofi-Aventis S.A

Ctra. C-35 (La Batllòria-Hostalric, Km.63.09)

17404 Riells i Viabrea (Girona)

Spain

Epilim Chrono 500mg, Scored, **A white coloured, slow released film-coated tablet.**

Manufactured by:

Sanofi Winthrop Industrie

1, rue de la Vierge, Ambarès et Lagrave

33565 - Carbon Blanc Cedex France

Epilim Syrup 200mg/5ml, **A red, cherry flavoured syrup.**

Manufactured by:

Unither Liquid Manufacturing

1-3, allée de la Neste, ZI d'En Sigal

31770 Colomiers, France

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References: CCDS V28.