1.3.2 PATIENT INFORMATION LEAFLET

NAVALPRO CR contains sodium valproate which can seriously harm an unborn child when taken during pregnancy. It can cause serious birth defects to body organs and/or body structures as well as harm the developing brain of the fetus and can also affect the way in which the child develops as it grows. Children whose mothers took NAVALPRO CR during pregnancy may have problems with early childhood development. Children affected can be slow to walk and talk, be intellectually less able than other children, and have difficulties with language and memory.

Children whose mothers took NAVALPRO CR during pregnancy have an increased risk of developing autistic spectrum disorders, childhood autism and attention-deficit hyperactivity disorder (ADHD).

NAVALPRO CR treatment must be started and supervised by a medical practitioner experienced in the treatment of epilepsy or bipolar disorder. You must not take NAVALPRO CR if the risk minimisation measures (Pregnancy Prevention Programme) have not been explained to you and if you cannot commit to follow the pregnancy risk minimisation measures.

SCHEDULING STATUS

S3

NAVALPRO CR 200 mg film-coated tablets

Sodium valproate

Contains sweetener: Acesulfame potassium 2,40 mg

NAVALPRO CR 300 mg film-coated tablets

Sodium valproate

Contains sweetener: Acesulfame potassium 3,60 mg

NAVALPRO CR 500 mg film-coated tablets

Sodium valproate

Contains sweetener: Acesulfame potassium 6,00 mg

Sugar free

Read all of this leaflet carefully before you start taking NAVALPRO CR.

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor, pharmacist, nurse or other healthcare provider.
- NAVALPRO CR has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.

What is in this leaflet

1. What NAVALPRO CR is and what it is used for

2. What you need to know before you take NAVALPRO CR

3. How to take NAVALPRO CR

4. Possible side effects

5. How to store NAVALPRO CR

6. Contents of the pack and other information

1. What NAVALPRO CR is and what it is used for

NAVALPRO CR belongs to a group of medicines called anticonvulsants and antiepileptics.

It is used to treat epilepsy (fits) and manic episodes in bipolar disorder (disorder that causes extreme mood swings that includes emotional highs and lows) in adults.

2. What you need to know before you take NAVALPRO CR

Do not take NAVALPRO CR:

- if you are hypersensitive (allergic) to sodium valproate or any of the other ingredients of NAVALPRO CR (listed in section 6).
- if you are breastfeeding your baby (see section titled pregnancy, breastfeeding and fertility).
- if you are pregnant for the treatment of bipolar disorder.
- if you are pregnant for the treatment of epilepsy, unless there is no suitable alternative treatment (see section titled Pregnancy, breastfeeding and fertility).
- if you are able to have a baby, unless you use an effective method of birth control

(contraception) at all times during your treatment with NAVALPRO CR and the conditions of the Pregnancy Prevention Programme are met. Do not stop taking NAVALPRO CR or your birth control (contraception) until you have discussed this with your doctor. Your doctor will advise you further (see section titled Pregnancy, breastfeeding and fertility).

- if you have liver problems, or you or your family have a history of liver problems, including the following:
  - if you have short- or long-term (severe) hepatitis (inflammation of the liver).
  - If you (or any of your close relatives) have a past history of severe hepatitis (inflammation of the liver), especially when caused by medicines.
  - if you have porphyria (rare hereditary illness that may affect the skin or nervous system).
- if you have a genetic problem caused by a mitochondrial disorder (e.g. Alpers-Huttenlocher syndrome).
- if you have a metabolic disorder such as “urea cycle disorder” where too much ammonia builds up in the body.
- if you have an inborn deficiency in carnitine (a very rare metabolic disease) that is untreated.
- if you are taking medicines called monoamine oxidase inhibitors (such as selegiline, phenelzine) – see section titled Other medicines and NAVALPRO CR.

Warning and precautions

Take special care with NAVALPRO CR:

- if you have a liver problem you may notice signs that your seizures are becoming more severe or happen more often, or you may experience extreme tiredness (asthenia), lack of energy (lethargy), weakness, stomach pain, loss of appetite (anorexia), nausea,

vomiting, or swelling of the face. Call your doctor immediately if you notice these symptoms.

- if you have pancreas problems as NAVALPRO CR may cause serious or life-threatening damage to the pancreas. This may occur at any time during your treatment. If you experience any of the following symptoms, call your doctor immediately: stomach pain, nausea, vomiting, or loss of appetite.
- if you have kidney problems, as your doctor may give you a lower dose.
- if you have diabetes, as this medicine may affect the results of urine tests.
- If you drink alcohol. Alcohol intake is not recommended during treatment with NAVALPRO CR (see section titled NAVALPRO CR with food, drink and alcohol).
- if you are an elderly person.
- if you are having surgery, including dental surgery, tell the doctor or dentist that you are taking NAVALPRO CR. You will need to take extra care in cleaning your teeth to prevent infection.
- if you have an illness called “systemic lupus erythematosus (SLE)” – a disease of the immune system which affects skin, bones, joints and internal organs.
- if you have a rare disorder that prevents the body from using certain fats for energy, called carnitine palmitoyl transferase type II deficiency.
- if you experience worsening of your seizures (fits) instead of an improvement. You need to consult with your doctor immediately.
- if you are taking certain antibiotics called carbapenems used to treat infections.

Birth defects in babies and developmental delay in children

- If you are a woman who can have children, see section titled Do not take NAVALPRO CR and be sure to read the important information and advice under section titled Pregnancy, breastfeeding and fertility.
- if you are an adult male intending to father children, you may need to have a discussion with your doctor as NAVALPRO CR can cause infertility that may not always be reversible.

Liver damage

NAVALPRO CR may cause severe and life-threatening damage to the liver.

- The risk of developing liver damage is greatest in people who are taking more than one medicine to prevent seizures or who have any of the following conditions: brain damage (any condition that affects the ability to think, learn, and understand, mental retardation), liver disease, severe seizure disorder and certain inherited diseases that prevent the body from changing food to energy normally.

Regular examinations

- Keep all appointments with your doctor and the laboratory. Your doctor will also order certain blood tests before treating you and during your treatment, to check your response to NAVALPRO CR therapy.

Suicidal thoughts and conduct

- If you feel that your mental health has changed in unexpected ways and you become suicidal (thinking about harming or killing yourself or planning or trying to do so) while you are taking NAVALPRO CR. There may also be a risk that you will experience changes in your mental health if your condition is not treated.

You, your family, or your caregiver should call your doctor right away if you experience anxiety, depression, talking or thinking about wanting to hurt yourself or end your life or if you have any other unusual changes in behaviour or mood.

Weight gain

- As taking NAVALPRO CR may make you put on weight. Talk to your doctor about how this will affect you and how often he/she would like to check on your health if you gain weight.

Other medicines and NAVALPRO CR

Always tell your healthcare provider if you are taking other medicines (this includes complementary or traditional medicines).

- Monoamine oxidase inhibitors (MAOI) such as selegiline, phenelzine: medicines which may be prescribed for Parkinson's disease or for depression (mood elevation).
- Linezolid: antibiotics used to treat infections.
- Lithium: medicine used to treat bipolar disorder.
- Medicines used to calm emotional and mental conditions such as, quetiapine, diazepam and olanzapine.
- Zidovudine, protease inhibitors (e.g. lopinavir, ritonavir): medicines used to treat HIV infection.
- Propofol: medicines used for anaesthesia before a surgical procedure.
- Medicines used for thinning the blood (such as warfarin).
- Some medicines used to treat fits (epilepsy), such as phenytoin,

phenobarbital, carbamazepine, primidone, lamotrigine, felbamate, rufinamide, topiramate, acetazolamide.

- Some medicines used for pain and fever, such as metamizole, or pain and inflammation (salicylates), such as aspirin.
- Some medicines used for the prevention and treatment of malaria such as mefloquine and chloroquine.
- Cimetidine for stomach ulcers.
- Carbapenem antibiotics used to treat bacterial infections, such as imipenem, meropenem, ertapenem. The combination with NAVALPRO CR may decrease the effect of NAVALPRO CR.
- Macrolide antibiotics such as erythromycin. The combination with NAVALPRO CR may decrease the effect of NAVALPRO CR
- Cholestyramine used to lower blood fat (cholesterol) levels.
- Temozolomide: medicines used to treat cancer.
- Nimodipine: used to treat symptoms from a ruptured blood vessel in the brain (subarachnoid haemorrhage).
- Rifampicin used for tuberculosis (TB).
- Estrogen and progesterone: medicine used in birth control (contraception).

NAVALPRO CR with food drink and alcohol

You can take NAVALPRO CR tablets with food to help stop the feeling of sickness that may happen after taking NAVALPRO CR.

Alcohol intake is not recommended during treatment with NAVALPRO CR.

Pregnancy, breastfeeding and fertility

You should not take NAVALPRO CR if you are pregnant or breastfeeding your baby.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby please consult your doctor, pharmacist or other healthcare professional for advice before taking NAVALPRO CR.

Pregnancy:

Important information for women:

- You should not take NAVALPRO CR if you are pregnant,
- If you are a woman able to become pregnant, you must not take NAVALPRO CR unless you use an effective method of birth control (contraception) during your entire treatment with NAVALPRO CR.
- Do not stop taking NAVALPRO CR or your birth control (contraception), until you have discussed this with your doctor. Your doctor will advise you further.

The risks of NAVALPRO CR when taken during pregnancy:

Women taking NAVALPRO CR during pregnancy have a higher risk than other women of having a child with an abnormality. These abnormalities include:

- Head and face deformities including cleft lip.
- Heart and blood vessel malformations, including heart defects.
- Defects of the lining of the spinal cord.
- Malformations of the arms and legs.

- Deformities of the tube from the bladder to the penis, where the opening is formed in a different place.
- Delay in development. Children affected can be slow to walk and talk, intellectually less able than other children, and have difficulty with language and memory. These children may require additional educational support.
- Autism spectrum disorders are more often diagnosed in children exposed to valproate and there is some evidence that children may be more likely to develop symptoms of attention deficit hyperactivity disorder (ADHD).
- Blood clotting problems (such as blood not clotting or not clotting very well). This may appear as bruising or bleeding which takes a long time to stop**.**
- Low blood sugar.
- Liver failure.
- Hypothyroidism (underactive thyroid gland, which can cause tiredness or weight gain)**.**
- Withdrawal syndrome (including agitation, irritability, hyperexcitability, jitteriness, hyperkinesia, muscle problems, tremor, convulsions and feeding problems). In particular, this may occur in new-borns whose mothers have taken NAVALPRO CR during the last trimester of their pregnancy.

Important advice:

- **You should use an effective method of contraception while taking NAVALPRO CR** and talk to your doctor before planning pregnancy. If you have any questions about your treatment or contraception, speak to your doctor or pharmacist**.**

- Tell your doctor at once if you become pregnant or think you might be pregnant. Your doctor will urgently review your treatment.
- If you have been prescribed NAVALPRO CR, do not stop taking it without consulting your doctor, as doing so could cause harm to you or an unborn child.
- If you decide later that you want to have a child, you should not stop taking your medicine or your method of birth control (contraception) until you have discussed this with your doctor.
- Some birth control pills (estrogen-containing birth control pills) may lower valproate levels in your blood. Make sure you talk to your doctor about the method of birth control (contraception) that is the most appropriate for you.

In the list below, please choose the situations which apply to you and read the descriptions below:

(a) I AM STARTING TREATMENT WITH NAVALPRO CR

(b) I AM TAKING NAVALPRO CR AND NOT PLANNING TO HAVE A BABY

(c) I AM TAKING NAVALPRO CR AND PLANNING TO HAVE A BABY

(d) I AM PREGNANT AND I AM TAKING NAVALPRO CR

(a) I AM STARTING TREATMENT WITH NAVALPRO CR

If this is the first time you have been prescribed NAVALPRO CR your doctor will have explained the risks to an unborn child if you become pregnant. Once you are able to have a baby, you will need to make sure you use an effective method of birth control (contraception) without interruption throughout your treatment with

NAVALPRO CR. Talk to your doctor or family planning clinic if you need advice on birth control.

Key messages:

- Pregnancy must be excluded before the start of treatment with NAVALPRO CR with the result of a pregnancy test, confirmed by your doctor.
- You must use an effective method of birth control (contraception) during your entire treatment with NAVALPRO CR.
- You must discuss appropriate methods of birth control (contraception) with your doctor. Your doctor will give you information on preventing pregnancy and may refer you to a specialist for advice on birth control (contraception).
- You must have regular (at least annual) appointments with a specialist experienced in the management of epilepsy. During this visit your doctor will make sure you are well aware of and have understood all the risks and advice related to the use of NAVALPRO CR during pregnancy.
- Tell your doctor if you want to have a baby.

Tell your doctor immediately if you are pregnant or think you might be pregnant.

b) I AM TAKING NAVALPRO CR AND NOT PLANNING TO HAVE A BABY

If you are continuing treatment with NAVALPRO CR and you are not planning to have a baby, make sure you are using an effective method of birth control (contraception) without interruption during your entire treatment with NAVALPRO CR. Talk to your doctor or family planning clinic if you need advice on birth control (contraception).

Key messages:

- You must use an effective method of birth control (contraception) during your entire treatment with NAVALPRO CR.
- You must discuss birth control (contraception) with your doctor. Your doctor will give you information on preventing pregnancy and may refer you to a specialist for advice on birth control (contraception).
- You must have regular (at least annual) appointments with a specialist experienced in the management of epilepsy. During this visit your doctor will make sure you are well aware of and have understood all the risks and advice related to the use of valproate during pregnancy.
- Tell your doctor if you want to have a baby.

Tell your doctor immediately if you are pregnant or think you might be pregnant.

(c) I AM TAKING NAVALPRO CR AND PLANNING TO HAVE A BABY

If you are planning to have a baby, first schedule an appointment with your doctor. Do not stop taking NAVALPRO CR or your birth control (contraception) until you have discussed this with your doctor. Your doctor will advise you further. Babies born to mothers who

have been on valproate are at serious risk of birth defects and problems with development, which can be seriously debilitating. Your doctor will refer you to a specialist experienced in the management of epilepsy, so that alternative treatment options can be evaluated early on. Your specialist can put several actions in place so that your pregnancy goes as smoothly as possible and any risks to you and your unborn child are reduced as much as possible. Your specialist may decide to change the dose of NAVALPRO CR, switch you to another medicine, or stop treatment with NAVALPRO CR a long time before you become pregnant – this is to make sure your illness is stable.

Key messages:

- Do not stop taking NAVALPRO CR unless your doctor tells you to.
- Do not stop using your birth control (contraception) before you have talked to your doctor and worked together on a plan to ensure your condition is controlled and the risks to your baby are reduced.
- First schedule an appointment with your doctor. During this visit your doctor will make sure you are well aware of and have understood all the risks and advice related to the use of valproate during pregnancy.
- Your doctor will try to switch you to another medicine or stop treatment with NAVALPRO CR a long time before you become pregnant.
- Schedule an urgent appointment with your doctor if you are pregnant or think you might be pregnant.

d) I AM PREGNANT AND I AM TAKING NAVALPRO CR

You should not take NAVALPRO CR if you are pregnant (see section titled Pregnancy, breastfeeding and fertility).

Do not stop taking NAVALPRO CR unless your doctor tells you to as your condition may become worse. Schedule an urgent appointment with your doctor if you are pregnant or think you might be pregnant. Your doctor will advise you further. Babies born to mothers who have been on valproate are at serious risk of birth defects and problems with development which can be seriously debilitating. You will be referred to a specialist experienced in the management of epilepsy so that alternative treatment options can be evaluated. In the exceptional circumstances when NAVALPRO CR is the only available treatment option during pregnancy, you will be monitored very closely both for the management of your underlying condition and to check how your unborn child is developing. You and your partner should receive counselling and support regarding the valproate exposed pregnancy.

Key messages:

- Schedule an urgent appointment with your doctor if you are pregnant or think you might be pregnant.
- Do not stop taking NAVALPRO CR unless your doctor tells you to.
- Make sure you are referred to a specialist experienced in the treatment of epilepsy to evaluate the need for alternative treatment options.
- You must get thorough counselling on the risks of NAVALPRO CR during pregnancy, including malformations and developmental effects in children.

- Make sure you are referred to a specialist for prenatal monitoring in order to detect possible occurrences of malformations.

Make sure you read the Patient Guide that you will receive from your doctor and/or pharmacist. Your doctor will discuss the Annual Risk Acknowledgement Form and will ask you to sign it and keep it. You will also receive a Patient Card from your doctor and/or pharmacist to remind you of valproate risks in pregnancy.

Breastfeeding:

NAVALPRO CR is distributed into breast milk. You should not breastfeed your baby if you have to take NAVALPRO CR.

Fertility:

NAVALPRO CR can cause infertility in both men and women that may not always be reversible**.**

Driving and using machinery

You may feel drowsy when taking NAVALPRO CR. If this happens to you, do not drive or use any tools or machines. If you also take other medicines to treat fits or to calm your mood, it may make you even more sleepy.

It is not always possible to predict to what extent NAVALPRO CR may interfere with your daily activities. You should ensure that you do not engage in the above activities until you

are aware of the measure to which NAVALPRO CR affects you (see section titled Possible side effects).

NAVALPRO CR contains sodium

NAVALPRO CR 200:

This medicine contains less than 1 mmol sodium (23 mg) per film-coated tablet, that is to say essentially 'sodium-free'.

NAVALPRO CR 300:

This medicine contains 27,71 mg sodium (main component of cooking/table salt) in each film-coated tablet. This is equivalent to 1 % of the recommended maximum daily dietary intake of sodium for an adult.

NAVALPRO CR 500:

This medicine contains 46,16 mg sodium (main component of cooking/table salt) in each film-coated tablet. This is equivalent to 2 % of the recommended maximum daily dietary intake of sodium for an adult.

3. How to take NAVALPRO CR

Do not share medicines prescribed for you with any other person.

Always take NAVALPRO CR exactly as your doctor or pharmacist has told you. You should check with your doctor or pharmacist if you are unsure.

It is important to take **NAVALPRO CR** every day.

The tablets should be swallowed whole with a little water and must not be crushed.

Take NAVALPRO CR once or twice daily with food.

“Controlled release” means that the active ingredient, sodium valproate, is slowly released from the tablets over a period of time.

For the treatment of epilepsy

Adults: The starting dose is 600 mg daily. Your doctor will gradually increase this dose by 200 mg every 3 days, depending on your condition and how you respond to treatment.

For the acute and maintenance treatment of manic episodes associated with bipolar disorder

Adults: The starting dose is 1 000 mg daily. Your doctor will increase the dose as rapidly as possible depending on how you respond to treatment.

Your doctor will tell you how long your treatment with NAVALPRO CR will last.

Do not stop taking your medicine without discussing it with your doctor.

If you have the impression that the effect of NAVALPRO CR is too strong or too weak, you should talk to your doctor or pharmacist.

If you take more NAVALPRO CR than you should

You may experience an increase in side effects and their frequency. In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre. Take this leaflet and any remaining tablets with you, so that the doctor knows what you have taken.

If you forget to take NAVALPRO CR

Do not take a double dose to make up for a forgotten dose.

If you miss a dose of **NAVALPRO CR**, take it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose and go back to the regular dosing schedule.

4. Possible side effects

NAVALPRO CR can have side effects.

Not all side effects reported for NAVALPRO CR are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NAVALPRO CR, please consult your doctor, pharmacist or other healthcare provider for advice.

If any of the following happens, stop taking NAVALPRO CR and tell your doctor immediately, or go to the casualty department at your nearest hospital:

- Swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in breathing and swallowing,
- rash or itching,
- fainting,
- blistering of the skin, mouth, eyes and genitals as these may be due to a serious allergic reaction known as Stevens-Johnson Syndrome (SJS), toxic epidermal necrolysis (TEN) and drug reaction with eosinophilia and systemic symptoms (DRESS).

These are all very serious side effects. If you have them, you may have had a serious reaction to NAVALPRO CR. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- Shortness of breath, fatigue, easy bruising or paleness. This may be a sign of the bone marrow failing, or a type of cancer in which the blood-forming cells in the bone marrow become abnormal. This leads to low numbers of one or more types of blood cells (myelodysplastic syndromes),
- blood disorders which are usually detected in blood tests, but may be seen as pale skin, tiredness, fever, sore throat and mouth, small red spots on the skin (petechia), bruising or prolonged bleeding after injury. Blood disorders (such as thrombocytopenia, anaemia, leucopoenia, pancytopenia) may be seen with symptoms of severe chills, mouth ulcers, headache, shortness of breath and dizziness,
- nausea, vomiting, headache, confusion, weakness or fatigue. These may be signs of a condition in which there are high levels of a hormone which causes the body to retain water (Syndrome of Inappropriate Secretion of ADH),
- changes in the amount of ammonia in the blood (symptoms are mental confusion, tiredness, and possibly coma or death, vomiting, problems with balance, feeling less alert),
- memory loss, personality changes, fits (seizures), loss of consciousness (coma). These may be signs of brain damage (encephalopathy),
- worsened memory, thinking, behaviour and the ability to perform everyday activities (dementia, brain deterioration),
- fever, tiredness, weight loss, muscle and joint pain, tingling under the skin. These may be signs of swelling of blood vessels (vasculitis), which causes changes in the blood vessel walls, including thickening, weakening, narrowing or scarring,

- uncontrollable bleeding from any part of your body (haemorrhage),
- coughing, sharp chest pain or shortness of breath. These may be signs of fluid building up in the lungs (pleural effusion),
- tiredness, joint pain, rash, fever, muscle pain. These may be signs of a disease of the immune system which affects skin, bones, joints and internal organs, called systemic lupus erythematosus (SLE),
- liver problems (being nauseous and vomiting many times, being very tired, sleepy and weak, stomach pain, yellowing of the skin or whites of the eye(jaundice)),
- inflammation of the pancreas (acute abdominal pain); nausea and vomiting; see section titled Take special care with NAVALPRO CR,
- a reduced amount of urine, swelling of your legs, ankles and feet, shortness of breath, extreme tiredness, nausea, chest pain. These may be signs of kidney failure,
- bruising or bleeding which takes a long time to stop. These may be signs of blood clotting problems, such as blood not clotting very well (coagulation factors decreased).

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Frequent side effects:

- Heartburn or indigestion,
- low blood levels of sodium which can cause tiredness and muscle twitching, (hyponatraemia),

- increased weight,
- sleep disorders, inability to sleep, nervousness, changing moods, aggression,
- inability to pay attention,
- headache, shaking or quivering, trembling of hands and arms (tremor), sleepiness (somnolence), memory problems, clumsiness or unsteadiness, involuntary, rapid movement of one or both eyes (nystagmus),
- blurred vision in one eye (amblyopia),
- flu, sore throat (pharyngitis),
- ringing in ears; deafness,
- nausea and vomiting, abdominal or stomach pain, loose stools (diarrhoea), overgrowth of gum tissue (gingival hyperplasia),
- swelling in the mouth (stomatitis),
- hair loss or thinning of hair, nail and nail bed disorders,
- back pain,
- inability to control the flow of urine (urinary incontinence),
- painful menstrual periods (dysmenorrhea) change in menstrual periods, weight gain or facial hair (polycystic ovaries),

Less frequent side effects:

High level of sugar in your blood (hyperglycaemia),

increased levels of some hormones (androgens), which may lead to acne, thinning hair or increased hair growth on breasts or chest (hyperandrogenism),

underactive thyroid gland which can cause tiredness or weight gain (hypothyroidism) or weight loss,

- seeing or hearing things that are not really there (hallucinations), feeling extremely restless or irritated (agitation), abnormal dreams, anxiety, feeling sad, irritability,
- obesity, fatigue,
- reversible tremor, stiffness and shuffling (parkinsonism),
- becoming unreactive, problems with speech, painful and stiff muscles (hypertonia), repetitive, involuntary movements, such as grimacing and eye blinking (tardive dyskinesia),
- abnormal behaviour, loss of muscle control (psychomotor hyperactivity), learning disorder,
- tingling sensation under the skin (paraesthesia), increase in alertness, hyperactivity, disturbances in behaviour,
- seeing double (diplopia), rolling of the eyes, dry eyes, spots before the eyes, eye infection, eye pain,
- ear infection (otitis media); ear pain,
- changes in the speed that your heart beats (tachycardia), feeling your heartbeat harder (palpitations),
- light-headedness, general weakness, fainting (hypotension),
- increased cough, runny nose, difficulty breathing, bleeding from the nose,
- dry mouth, constipation, changes in appetite, dental pain; difficulty controlling stool movement (faecal incontinence),
- swelling of the tongue (glossitis), wind in the stomach, bloated full feeling, diarrhoea, cramps, nausea, vomiting and fever (gastroenteritis),
- changes in sense of taste,
- red tender lumps involving hair follicles (furunculosis),

- abnormal hair texture, hair colour changes, abnormal hair growth,
- dark reddish urine, a decreased amount of urine, weakness and muscle pains or stiffness (rhabdomyolysis),
- abnormality in kidney tubes (Fanconi's syndrome), bed wetting (enuresis),
- ear infection; ear pain,
- brittle bones and fractures,
- absence of menstrual period (amenorrhoea), swelling of the vagina (vaginitis), swollen breasts (gynecomastia),
- swelling of hands and feet due to retained fluid (peripheral oedema),
- abnormally low body temperature (hypothermia),
- fertility problems in both men and women.

Side effects with an unknown frequency:

- Change in levels of liver enzymes, salts or sugars shown up on blood and urine tests,
- various birth defects and developmental delays have been reported in babies born of women taking NAVALPRO CR during pregnancy (see section titled Pregnancy, breastfeeding and fertility for details and advice).

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to **SAHPRA** Med Safety APP (Medsafety X SAHPRA) and eReporting platform

(who-umc.org) found on SAHPRA website.

Aspen Pharmacare:

E-mail: Drugsafety@aspenpharma.com

Tel: 0800 118 088

By reporting side effects, you can help provide more information on the safety of NAVALPRO CR.

5. How to store NAVALPRO CR

Store all medicines out of reach of children.

Store at or below 25 °C.

Keep the blisters in the carton in order to protect from light and moisture.

Do not store in a bathroom.

Do not use after the expiry date stated on the label.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What NAVALPRO CR contains

NAVALPRO CR 200

The active substances are 133,2 mg sodium valproate and 58,0 mg valproic acid, together equivalent to 200 mg sodium valproate.

The other ingredients are acesulfame potassium, basic butylated methacrylate copolymer, colloidal hydrate silica, dibutyl sebacate, hypromellose, magnesium stearate, sodium lauryl sulphate, titanium dioxide.

Contains sweetener: Acesulfame potassium 2,40 mg

Sugar free

NAVALPRO CR 300

The active substances are 199,8 mg sodium valproate and 87,0 mg valproic acid, together equivalent to 300 mg sodium valproate.

The other ingredients are acesulfame potassium, basic butylated methacrylate copolymer, colloidal hydrate silica, dibutyl sebacate, hypromellose, magnesium stearate, sodium lauryl sulphate, titanium dioxide.

Contains sweetener: Acesulfame potassium 3,60 mg

Sugar free

NAVALPRO CR 500

The active ingredients are 333,0 mg sodium valproate and 145,0 mg valproic acid, together equivalent to 500 mg sodium valproate.

The other ingredients are acesulfame potassium, basic butylated methacrylate copolymer, colloidal hydrate silica, dibutyl sebacate, hypromellose, magnesium stearate, sodium lauryl sulphate, titanium dioxide.

Contains sweetener: Acesulfame potassium 6,00 mg

Sugar free

What NAVALPRO CR looks like and the contents of the pack

NAVALPRO CR 200 are white oval film-coated tablets with dimensions of approximately 13,8 mm x 7,2 mm.

NAVALPRO CR 300 are white oblong film-coated tablets with dimensions of approximately 16,7 mm x 6,7 mm and with a break mark on both sides.

NAVALPRO CR 500 are white oblong film-coated tablets with dimensions of approximately 17,7 mm x 9,2 mm and with a break mark on both sides.

NAVALPRO CR tablets are packed in packs of 56 or 100 tablets in blisters made of silver oPA/Al/PVC foil and Aluminium push-through foil. The blister strips are packed into an outer cardboard carton together with a leaflet.

Not all pack sizes may be marketed.

Holder of Certificate of Registration

PHARMACARE LIMITED

Healthcare Park

Woodlands Drive

Woodmead 2191

Hotline: 0800 122 912

This leaflet was last revised in

31 July 2025

Registration numbers

NAVALPRO CR 200: 45/2.5/0411

NAVALPRO CR 300: 45/2.5/0091

NAVALPRO CR 500: 45/2.5/0092

Access to the corresponding Professional Information

SAHPRA Repository of Professional Information and

Patient Information Leaflets:

https://www.sahpra.org.za/pi-pil-repository/

Aspen Pharmacare:

E-mail: Medinfo@aspenpharma.com

Tel: 0800 118 088

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