

17<sup>th</sup> April 2024

Dear Practice and community pharmacies,

**Re: Valproate national patient safety alert (Nov 2023) and new regulations**

Central and North West London NHS Foundation Trust (CNWL) are reviewing their guidelines and processes following the recent [Valproate National Patient Safety Alert](#) issued in November 2023, and shortly plan to invite patients for a specialist review.

Whilst we make the necessary arrangements, we kindly request that you inform patients of the new regulations, provide a copy of the [updated Patient Guide](#) and continue to provide ongoing prescriptions of valproate on assessment that the benefits and risks are both favourable.

In the meantime, if there are any reasons where a patient on valproate requires to be seen urgently, please refer them for an urgent specialist review via the usual process.

If a female patient on valproate is planning a pregnancy or if their risk of pregnancy has increased, please complete a referral to Community Perinatal Services for a one-off pre-conception appointment and a review of their medication. The contact details of the local team and referral form can be accessed via this [link](#).

Many thanks for your cooperation.



Yogita Dawda, Consultant Pharmacist,  
on behalf of the CNWL Valproate Task & Finish Group