

## Topiramate (top-ear-a-mate)

You should read this leaflet with your carer/care giver.



### Topiramate:

- Is also called Topamax and Epiramax.
- Come as tablets or capsules.

- Topiramate is used for epilepsy.
- Topiramate is sometimes used for people who are distressed. There is no clear evidence that it improves someone's behaviour.

The label on your topiramate packet should tell you when and how much medicine to take.

Swallow your tablet or capsule with water.

If you forget to take your medicine, tell someone straight away.

You should carry on taking your medicine even if you feel better unless your doctor asks you to stop.



Drinking alcohol when taking topiramate could make you feel sleepy.

Some medicines do not work well together.

You should tell your doctor about any other medicines you are taking.

## Side effects:

- Medicine can have some effects on your body that are not wanted.
- Not everyone taking a medicine will get them.
- Many will go away with time.
- Many are rare.

You might want to talk to your doctor or the pharmacist or your key worker if you have any side effect.

These are some (but NOT all) side effects of topiramate...



- Feeling sleepy or sluggish
- Going to the toilet more than usual
- Feeling tired or feeling sick
- Losing weight or putting on weight (check weight regularly)
- Schizophrenia like symptoms
- Feeling restless and cannot sit still
- Headache
- Dry mouth
- Food and drinks taste unusual
- Ringing sound in the ears or ear pain
- Behaviour may worsen in some
- Upset tummy

Some side effects are more serious.

You should tell someone straight away if you...

- Have problems peeing or pain when peeing
- Have thoughts about harming or killing yourself
- Have blurred vision or things look fuzzy
- Feel shaky and stiff
- Have a rash on your skin



You should talk to your doctor before you stop taking your medicine.

Sometimes, if you stop taking your medicine, you may:

- Feel anxiety and anger
- Problem with sleeping
- Feel less or more hungry than usual
- Headaches
- Have a fit or seizure





This leaflet does not tell you everything about topiramate.

You can get more information from:

- you can ask your pharmacist, doctor, nurse or carer/ care giver
- check <http://www.choiceandmedication.org/cnwl/>
- you can phone NHS on 111
- you can phone a medicine information helpline on 020 3317 5090.

This leaflet can be downloaded free of charge from:

<https://spectrom.wixsite.com/project/>

While preparing this leaflet we checked information in...

- The British National Formulary ([www.bnf.org](http://www.bnf.org))
- Dulcan, M. K., & Ballard, R. (2015). *Helping parents and teachers understand medications for behavioural and emotional problems: A resource book of medication information handouts*. American Psychiatric Publishing, Washington DC, USA.

This leaflet is not designed for people with intellectual/learning disabilities to read on their own. Support (care) staff or care givers should go through the leaflet with the person who has intellectual disabilities.

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This is an unofficial leaflet produced by Professor Shoumitro (Shoumi) Deb and Ms. Bharati Limbu of Imperial College London, UK and Dr Gemma Unwin, University of Birmingham, UK with help from Cornwall Learning Disability Advisory Group. The project is funded by the National Institute for Health Research (NIHR), UK and sponsored by ©CNWL NHS Trust UK. Any adaptation or translation of this leaflet has to acknowledge fully the original source with author affiliation and copyright information and be made available free of charge. 01.07.2020.