

Lamotrigine (la-moe-tri-jeen)

You should read this leaflet with your carer/care giver



Lamotrigine:

- Is also called Lamictal.
 - Come as tablets.
- Lamotrigine is used for epilepsy and bipolar disorder.
 - Lamotrigine is sometimes used for people who are distressed. There is no clear evidence that it improves someone's behaviour.

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

Swallow your tablet with water.

If you have chewable tablets, you can chew your tablet. If you have dispersible tablets, you can mix it with water or juice.

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 lamotrigine 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 lamotrigine...



- Feeling sleepy or sluggish
- Feeling light headed and faint
- Feeling sick or being sick
- Blurred vision or things look fuzzy
- Feeling irritated or agitated
- Shaking of your hands and body
- Headache
- Problem sleeping
- Upset tummy or diarrhoea

Some side effects are more serious.

You should tell someone straight away if you...

- Thoughts of harming or killing yourself
- Bleed or bruise more than usual
- Look pale and have no energy
- Have red rashes or skin pain
- Have a fit or seizure



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

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

- Find it hard to focus and have no energy
- Headache
- Find things upset you more than usual
- Have thoughts about harming and killing yourself
- Have tingling sensations on your body





This leaflet does not tell you everything about lamotrigine.

You can get more information from:

- your pharmacist, doctor, nurse or carer/caregiver
- check <http://www.choiceandmedication.org/cnw/>
- NHS on 111
- 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)
- 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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