

Patient card

What females who are able to become pregnant need to know about TOPAMAX[®] (topiramate)

- Topamax is a medicine for the treatment of epilepsy and for the prevention of migraines.
- You must not use Topamax if you are pregnant, unless no other treatment gives sufficient seizure control for you.
- You must not use Topamax if you are a woman who is able to become pregnant unless you are using highly effective contraception. The only exception is if Topamax is the only treatment providing sufficient seizure control, and you are planning to become pregnant.
- If you are taking Topamax for epilepsy, do not stop taking this medicine until you have discussed this with your doctor.
- **Topamax can seriously harm an unborn child if taken during pregnancy.**

What you should remember when taking Topamax

Need for contraception

- **Perform a pregnancy test prior to treatment initiation.**
- **Always use highly effective contraception** recommended by your doctor or gynaecologist for the whole time you are taking Topamax and for four weeks after stopping treatment.
- This is to prevent you getting pregnant on Topamax since it can harm your unborn child.
- Talk to your doctor about the method of birth control (contraception) that is most appropriate for you.
- If you are taking hormonal contraceptives, there is the risk for reduced effectiveness of hormonal contraceptives due to Topamax. Therefore, an additional barrier contraceptive method such as a condom or pessary/diaphragm should be used.
- Tell your doctor if your menstrual bleeding changes.

Use in girls "for epilepsy only"

For a girl who has **not yet experienced her first periods**:

- You/the parent or caregiver should know about the risks of Topamax when used during pregnancy, as this will be important when you/the child gets older.
- Inform the doctor as soon as the **girl experiences her first periods** during Topamax treatment.
- As soon as you are sexually active, you need to use **highly effective** contraception. It is very important that you talk to your parents and your doctor about that. Your doctor or gynaecologist will counsel about which method of contraception is best for you.

If you already **have your periods**:

- In case you are sexually active, you should only be treated with Topamax if you are not pregnant and you are using **highly** effective contraception.

If you wish to become pregnant while taking Topamax

- Schedule an appointment with your doctor. It is important that you do not stop using contraception (birth control) and do not become pregnant until you have discussed your options with your doctor.
- Your doctor will reassess your treatment and evaluate alternative treatment options. The doctor will counsel you about the risks of Topamax during pregnancy. He/she may also refer you to another specialist.

If you have become pregnant or think you may be pregnant while taking Topamax

- If you are taking Topamax for **epilepsy**, do not stop taking this medicine until you have discussed this with your doctor, as this may worsen your illness. Worsening of your epilepsy may put you or your unborn child at risk.
- If you are taking Topamax to **prevent migraine**, stop taking the medicine straight away, and contact your doctor to evaluate if you need alternative treatment.
- Your doctor will reassess your treatment and evaluate alternative treatment options. The doctor will counsel you about the risks of Topamax during pregnancy.
- **Talk promptly to your doctor** about your options and what you need to know.
- Your doctor will explain if you need to switch to another treatment and how.
- If treatment with Topamax is continued, make sure you are referred to a specialist for prenatal monitoring to check how your child is developing.

Consult your doctor regularly – at least each year. During this visit your physician will explain and review a Physician Checklist to ensure you know and understand the risks related to Topamax use during pregnancy and the need to use highly effective contraception. This visit is also to check the need for your Topamax treatment and to consider alternative treatment options.

The format and the content of this card were reviewed and approved by the Ministry of Health on 14 July 2025. For further information, read the patient leaflet. Side effects can be reported to the Ministry of Health by using an online form for reporting side effects found on the Ministry of Health homepage: www.health.gov.il , or by entering the link: <https://sideeffects.health.gov.il/> . In addition, report directly to J-C HEALTH CARE LTD. 09-9591111.

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EM-185975

Version 1.0