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PSYCHIATRY

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PATIENT EDUCATION

Topiramate

Topamax / Trokendi XR / Qudexy XR / Eprontia / Generic formulations

A guide for adults taking topiramate.
Follow the directions on your prescription and your provider's recommendations.

DO NOT STOP SUDDENLY | PREGNANCY & BIRTH CONTROL NEED A PLAN

Formulations: Immediate-release tablets, sprinkle capsules, liquid, and extended-release capsules have different schedules and handling instructions.

What it is used for

Topiramate treats certain seizures and prevents migraine. Off-label uses include selected alcohol-use or eating-related conditions. It is not an established treatment for the core mood symptoms of bipolar disorder.

How it works

It affects sodium channels, GABA and glutamate signaling, and carbonic anhydrase. These actions contribute to both therapeutic effects and risks such as metabolic acidosis.

What to expect over time

The dose is often increased gradually to balance benefit and side effects. Track the condition being treated and report changes after each adjustment.

Taking your medication

- Follow the gradual starting schedule. Use your formulation's swallowing or sprinkling instructions.
- Maintain appropriate hydration to reduce kidney-stone risk.
- If you miss a dose, take it when you remember unless it is almost time for the next dose. Then skip it. Do not double a dose.
- Do not stop suddenly. Trokendi XR has specific alcohol restrictions, including no alcohol within six hours before or after a dose.

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Side effects and safety

Possible side effects

- Tingling in hands or feet
- Reduced appetite or weight loss
- Word-finding, memory, or concentration problems
- Altered taste, dizziness, or fatigue

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Report changes in mood, behavior, concentration, or suicidal thoughts. Antiseizure medicines carry a warning about suicidal thoughts and behavior.

Keep follow-up appointments. Your provider may adjust treatment based on symptoms, kidney or liver function, other medicines, and any recommended laboratory tests.

Bicarbonate and kidney function may be checked. Report rapid breathing, unusual fatigue, reduced sweating, overheating, or kidney-stone symptoms.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Discuss kidney or liver disease, previous medication rashes, depression, and the reason for treatment.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

Discuss kidney stones, glaucoma, ketogenic diets, and pregnancy plans. Topiramate can harm fetal development; review effective contraception and alternatives before pregnancy when possible.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Some hormonal contraceptives may be less effective, especially at higher doses. Review the exact method.

Valproate can add hyperammonemia or low-temperature risk. Other carbonic-anhydrase inhibitors can add acidosis and stones; alcohol and sedatives add impairment.

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Living with your treatment

When to get help

Emergency symptoms. Get emergency care for sudden eye pain or blurred vision, severe overheating, a severe allergic reaction, or a prolonged or repeated seizure.

Prompt medical advice. Contact your provider promptly for a new rash, severe unsteadiness, unusual confusion, or major changes in mood or behavior.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

Can I stop if I feel well?
Consult with your provider before stopping. Abrupt withdrawal can cause seizures or a return of the condition being treated.

Does use for seizures mean I have epilepsy?
Not necessarily. Some antiseizure medicines have other approved or off-label uses. Confirm the specific goal of your prescription.

Everyday tips

Use reminders and arrange refills before you run out.

Avoid driving until you know how treatment affects you; seizure-related driving restrictions may also apply.

Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

Sources

Official prescribing information: topiramate
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Educational handout; does not replace your prescription or provider's recommendations.