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- Blistering or bleeding of the skin around the lips, eyes, mouth, nose and genitals. Also flu-like symptoms and fever. This may be something called
- Stevens-Johnson syndrome'. Severe blistering rash where layers of the skin may peel off to leave large areas of raw exposed skin over the body. Also a feeling of being generally unwell, fever, chills and aching muscles. This may be something called 'Toxic epidermal necrolysis'.
- Bruising more easily and getting more infections than usual. This could be a blood problem called 'thrombocytopenia'. It can also be due to a fall in the number of white blood cells, bone marrow depression or another condition that affects red blood cells, white blood cells and platelets (pancytopenia) or how
- the blood clots. Blood clothing problems (bleeding for longer than
- Changes in mood, loss of memory, lack of concentration and deep loss of consciousness (coma).
- Underactive thyroid gland, which may cause tiredness
- or weight gain (hypothyroidism). Breathing difficulty and pain due to inflammation of the lungs (pleural effusion).
- Tell your doctor as soon as possible if you have any

# of the following side effects: Changes in behaviour including being very alert, and sometimes also aggressive, hyperactive and unusual

- or inappropriate behaviour. This is more likely if other medicine to treat fits such as phenobarbital and topiramate are taken at the same time or if the Epilim starting dose is high or has been suddenly increased.
- Changes in the amount of ammonia in the blood. Symptoms of this condition are being sick, problems with balance and co-ordination, feeling lethargic or less alert.Feeling shaky (tremor), sleepy or unsteady when
- walking or jerky muscle movements.
- Feeling tired or confused with loss of consciousness sometimes accompanied by hallucinations or fits.
- Blisters with the skin flaking away. Rapid, uncontrollable movement of the eyes.
  An increase in the number and severity of
- convulsions.

#### Tell your doctor or pharmacist if any of the following side effects get serious or lasts longer than a few days, or if you notice any side effects not listed in this leaflet:

- Feeling sick (nausea), being sick (vomiting), stomach ache or diarrhoea, especially when starting treatment. This may be helped by taking the tablets with food. Swelling of gums or sore mouth
- Fainting Hearing loss
- Double vision
- Nail and nail bed disorders
  Skin problems such as rashes. These happen rarely, but more often in people also taking lamotrigine. Hair disorders (changes in texture, colour or growth), hair loss which is usually temporary. When it grows
- back it may be more curly than before.
- Increased levels of some hormones (androgens), which may lead to increased hair growth on the face,
- breasts or chest, acne or thinning hair. • Skin rash caused by narrow or blocked blood vessels
- (vasculitis) · Changes in women's periods and increased hair
- growth in womenBreast enlargement in men
- Swelling of the feet and legs (oedema)
- Obesity, weight gain as your appetite may be increased
- Kidney disease, kidney problems, blood in the urine, bedwetting or increased need to pass urine, urinary incontinence (unintentional passing of urine)
- Headache • Seeing or hearing things that are not there
- (hallucinations) • Aggression, agitation, disturbance in attention,
- bnormal behaviour, restlessness/hyperactivity, and learning disorder
- Tingling or numbress in the hands and feet
- Lowering of normal body temperature
  Abnormal blood clotting factors Muscle pain and weakness (rhabdomyolysis)
- Bone disorders

#### There have been reports of bone disorders including osteopenia and osteoporosis (thinning of the bone) and fractures. Check with your doctor or pharmacist i you are on long-term anti-epileptic medication, have a history of osteoporosis, or take steroids.

Epilim can change levels of liver enzymes, salts or sugars shown up on blood and urine tests.

#### Male fertility

Taking Epilim can be a contributing factor in male infertility.

**Reporting of side effects** If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

#### 5. How to store Epilim

Keep out of the sight and reach of children. Do not take this medicine after the expiry date shown on the blister and carton after EXP. The expiry date refers to the last day of that month. Do not remove the tablets from the foil until just before you take them. Do not cut the blister strips.

Store in a dry place below 30°C. Medicines should not be disposed of via household wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment.

#### 6. Contents of the pack and other information

#### What Epilim Gastro-resistant Tablets contain

- Each 200mg gastro-resistant tablet contains 200mg of the active substance, sodium valproate.
- Each 500mg gastro-resistant tablet contains 500mg of the active substance, sodium valproate
- The active substance, sodium valproate.
  The other ingredients are povidone (E1201), talc, calcium silicate (E552), magnesium stearate (E572), hypromellose (E464), citric acid monohydrate (E330), macrogol 6000, polyvinyl acetate phthalate, diethyl phthalate, stearic acid (E570), titanium dioxide (E171), amaranth aluminium lake (E123), indigo carmine lake (E132) and hydroxypropyl cellulose (E463).

#### What Epilim Gastro-resistant Tablets look like and

contents of the pack Epilim tablets are round and lilac coloured. The tablets are supplied in blister packs of 30 or 100. Not all pack sizes may be marketed.

**Marketing Authorisation Holder and Manufacturer** Marketing Authorisation Holder Sanofi, 410 Thames Valley Park Drive, Reading,

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#### Manufacturer Sanofi-aventis S.A.

Carretera C-35 (La Batlloria-Hostalric), Km 63.09 17404 Riells i Viabrea (Girona). Spain

This leaflet does not contain all the information about your medicine. If you have any questions or are not sure about anything, ask your doctor or pharmacist.

This leaflet was last revised in November 2019 © Sanofi, 2006-2019

#### Other sources of information

For the most up to date patient information leaflet and important safety information on this product for girls and women of childbearing potential scan the QR code included in this leaflet with a smartphone. The same information is also available on the following URL: gr.valproateandme.co.uk

PACKAGE LEAFLET: INFORMATION FOR THE USER Epilim<sup>®</sup> 200mg and 500mg **Gastro-resistant Tablets** sodium valproate



This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See the end of section 4 for how to report side effects.

Epilim, sodium valproate, can seriously harm an unborn baby when taken during pregnancy. If you are a female able to have a baby you must use an effective method of birth control (contraception) without interruption during you entire treatment with Epilim. Your doctor will liscuss this with you but you must also follow the advice in section 2 of this leaflet.

Schedule an urgent appointment with your doctor if you want to become pregnant or if you think you are pregnant.

If you are a parent or caregiver of a female child treated with Epilim, you must also read section 2 of this leaflet carefully and contact your child's doctor once they experience their first period.

#### Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- If you have any further questions, please ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not

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# **What is in this leaflet** 1. What Epilim is and what it is used for

What you need to know before you take Epilim . How to take Epilim Possible side effects 5. How to store Epilim

What Epilim is

Gastro-resistant Tablets (called Epilim in this leaflet). Epilim 200mg or 500mg Gastro-resistant Tablets are "enteric coated" this means that the tablets have a protective coating that allows them to reach the intestines (gut) without being dissolved in the stomach first. This helps stop them from causing a stomach upset.

What Epilim contains Epilim contains sodium valproate. It belongs to a group of medicines called anti-convulsants or anti-epileptic

What Epilim is used for Epilim is used to treat epilepsy (fits) in adults and children

- or any of the other ingredients of Epilim (listed in section 6) Signs of an allergic reaction include: a rash,
- swallowing or breathing problems, swelling of your lips, face, throat or tongue. X You have liver problems or you or your family have a
- history of liver problems. X You have a rare illness called porphyria.
- X You have a known metabolic disorder, i.e. a urea
- cycle disorder. X You have a genetic problem caused by a mitochondrial disorder (e.g. Alpers-Huttenlocher syndrome).

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## WARNING

## Do not stop taking Epilim unless your doctor tells you to as your condition may become worse.

Keep this leaflet. You may need to read it again

- pass it on to others. It may harm them even if their symptoms are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

# 6. Contents of the pack and other information

## 1. What Epilim is and what it is used for

The name of your medicine is Epilim 200mg or 500mg

agents. It works by helping to calm the brain down.

## 2. What you need to know before you take Epilim

## Do not take Epilim and tell your doctor if: n valproate



qr.valproateandme.co.uk

X You are pregnant, unless nothing else works for you (see 'Pregnancy, breast-feeding and fertility – Important advice for women' below).

If you are a woman able to have a baby you must not take Epilim unless you use an effective method of birth control (contraception) at all times during your treatment with Epilim. Do not stop taking Epilim or your contraception until you have discussed this with your doctor. Your doctor will advise you further (see below under 'Pregnancy, breast-feeding and fertility – Important advice for women').

Do not take this medicine if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Epilim.

- Warnings and precautions
   A small number of people being treated with
   instance such as codium valurate have anti-epileptics such as sodium valproate have had thoughts of harming or killing themselves. If at any time you have these thoughts, immediately contact vour doctor
- As with other anti-epileptic drugs, convulsions may become worse or happen more frequently whilst taking this medicine. If this happens contact your doctor immediately

Talk to your doctor or pharmacist before taking Epilim

- ▲ You have diabetes. This medicine may affect the results of urine tests.
- ▲ You have a carnitine palmitoyltransferase type II deficiency
- ▲ You have kidney problems. Your doctor may give
- you a lower dose. You have a brain disease or a metabolic condition iffecting your brain.
- ▲ You have a 'urea cycle disorder' where too much ammonia builds up in the body.
- You have an illness called 'systemic lupus
- erythematosus (SLE)' a disease of the immune system which affects skin, bones, joints and internal organs. You know that there is a genetic problem caused by

a mitochondrial disorder in your family. If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking Epilim.

Weight gain Taking Epilim may make you put on weight. Talk to your doctor about how this will affect you.

## **Blood tests**

Your doctor may wish to do blood tests before you start taking Epilim and during your treatment.

## Other medicines and Epilim

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines you buy without a prescription, including herbal médicines. This is because Epilim can affect the way some other medicines work. Also some medicines can affect the way Epilim works.

#### The following medicines can increase the chance of you getting side effects, when taken with Epilim: me medicines used for pain and infl

(salicylates) such as aspirin. • Some other medicines used to treat fits (epilepsy) - see page 2, section 3, 'Patients taking other medicines for fits'. This includes medicines such as phenobarbital, primidone, phenytoin. carbamazepine, rufinamide, topiramate acetazolamide, lamotrigine and felbamate

## Epilim may increase the effect of the following

- medicines Medicines used for thinning the blood (such as warfarin). Zidovudine – used for HIV infection.
- Temozolomide used to treat cancer. Medicines for depression
- Monoamine oxidase inhibitors (MAOI) such as moclobemide, selegiline, linezolid.
- Medicines used to calm emotional and mental health problems (including schizophrenia, bipolar disorder and depression) such as quetiapine, diazepam and olanzapine.
- Nimodipine. Propofol – used for anaesthesia.



#### The following medicines can affect the way Epilim works: Oestrogen-containing products (including some birth

- control pills). Some medicines used for the prevention and treatment
- of malaria such as mefloquine and chloroquine. Cimetidine used for stomach ulcers.
- · Protease inhibitors such as lopinavir and ritonavir used for HIV infection and AIDS. • Carbapenem agents (antibiotics used to treat bacterial
- infections) such as imipenem, meropenem, rifampicin and erythromycin. The combination of Epilim and carbapenems should be avoided because it may decrease the effect of your medicine
- · Cholestyramine used to lower blood fat (cholesterol)

# Taking Epilim with food and drink Alcohol intake is not recommended during treatment.

#### Pregnancy, breast-feeding and fertility

#### Important advice for women

- You must not use Epilim if you are pregnant, unless nothing else works for you.
- If you are a woman able to have a baby, you must not take Epilim unless you use an effective method of birth control (contraception) during your entire treatment with Epilim.
- Do not stop taking Epilim or your birth control (contraception), until you have discussed this with your doctor. Your doctor will advise you furthe

#### The risks of valproate when taken during pregnancy Talk to your doctor immediately if you are plann

- to have a baby or are pregnant. Valproate carries a risk if taken during pregnancy The higher the dose, the higher the risks but all doses
- carry a risk It can cause serious birth defects and can affect the way in which the child develops as it grows. Birth defects which have been reported include *spina bifida* (where the bones of the spine are not properly developed); facial and skull malformations; heart, kidney, urinary tract and sexual organ malformations; limb defects Hearing problems or deafness have been reported in children exposed to valproate during pregnancy.
- If you take valproate during pregnancy you have a higher risk than other women of having a child with birth defects that require medical treatment. Because valproate has been used for many years we know that in women who take valproate around 10 babies in every 100 will have birth defects. This compares to 2-3 babies in every 100 born to women who don't have epilepsy. It is estimated that up to 30-40% of preschool children
- whose mothers took valproate during pregnancy may have problems with early childhood development. Children affected can be slow to walk and talk, ntellectually less able than other children, and have difficulty with language and memory
- Autistic spectrum disorders are more often diagnosed in children exposed to valproate and there is some evidence
- children may be more likely to develop symptoms of Attention Deficit Hyperactivity Disorder (ADHD).Before prescribing this medicine to you, your doctor will have explained what might happen to your baby if you become pregnant whilst taking valproate. If you decide later you want to have a child you should not stop taking your medicine or your method of birth control (contraception) until you have discussed this vith voùr doctor.
- If you are a parent or a caregiver of a female child treated with valproate, you should contact their doctor once your child experiences their first period (menarche).
- Some birth control pills (oestrogen-containing birth control pills) may lower valproate levels in your blood Make sure you talk to your doctor about the method of birth control (contraception) that is the most appropriate for you
- Ask your doctor about taking folic acid when trying for a baby. Folic acid can lower the general risk of *spina bifida* and early miscarriage that exists with all pregnancies. However, it is unlikely that it will reduce he risk of birth defects associated with valproate use.

#### Please choose the situations which apply to you and read the descriptions below: • I AM STARTING TREATMENT WITH EPILIM

- I AM TAKING EPILIM AND NOT PLANNING TO HAVE A BARY
- I AM TAKING EPILIM AND PLANNING TO HAVE A BABY

#### • I AM PREGNANT AND I AM TAKING EPILIM I AM STARTING TREATMENT WITH EPILIM

#### his is the first time you have been prescribed Epilim your doctor will have explained the risks to an unborn child if you become pregnant. Once you are able to have a baby, you will need to make sure you use an effective method of birth control (contraception) without interruption throughout your treatment with Epilim. Talk to your doctor or family planning clinic if you need advice on birth control (contraception)

#### Kev messages:

- Pregnancy must be excluded before start of treatment with Epilim with the result of a pregnancy test, confirmed by your doctor.
- · You must use an effective method of birth contro (contraception) during your entire treatment with Epilim. • You must discuss appropriate methods of birth control (contraception) with your doctor. Your doctor will give you information on preventing pregnancy, and may refer you to a specialist for advice on birth
- control (contraception) You must get regular (at least annual) appointments with a specialist experienced in the management of epilepsy. During this visit your doctor will make sure you are well aware of and have understood all the risks and advice related to the use of valproate during
- pregnancy.
  Tell your doctor if you want to have a baby.
  Tell your doctor immediately if you are pregnant or think you might be pregnant.

## I AM TAKING EPILIM AND NOT PLANNING TO HAVE A

If you are continuing treatment with Epilim but you are not planning to have a baby make sure you are using an effective method of birth control (contraception) without interruption during your entire treatment with Epilim. Talk to your doctor or family planning clinic if you need advice on birth control (contraception).

#### Kev messages:

- You must use an effective method of birth control (contraception) during your entire treatment with Fpilim.
- You must discuss birth control (contraception) with your doctor. Your doctor will give you information on preventing pregnancy, and may refer you to a specialist for advice on birth control (contraception) You must get regular (at least annual) appointments with a specialist experienced in the management of
- epilepsy. During this visit your doctor will make sure you are well aware of and have understood all the risks and advice related to the use of valproate during pregnancy.
  Tell your doctor if you want to have a baby.
  Tell your doctor immediately if you are pregnant or
- think you might be pregnant.

#### I AM TAKING EPILIM AND PLANNING TO HAVE A

If you are planning to have a baby, first schedule an appointment with your doctor.

Do not stop taking Epilim or your birth control (contraception) until you have discussed this with your doctor. Your doctor will advise you further.

Babies born to mothers who have been on valproate are at serious risk of birth defects and problems with development, which can be seriously debilitating. Your doctor will refer you to a specialist experienced in the management of epilepsy, so that alternative treatment options can be evaluated early on. Your specialist can put several actions in place so that your pregnancy goes as smoothly as possible and any risks to you and your unborn child are reduced as much as possible.

Your specialist may decide to change the dose of Epilim, switch you to another medicine, or stop treatment with Epilim a long time before you become pregnant – this is to make sure your illness is stable.

Ask your doctor about taking folic acid when trying for a baby. Folic acid can lower the general risk of *spina\_bifida* and early miscarriage that exists with all pregnancies. However, it is unlikely that it will reduce the risk of birth defects associated with valproate use.

## Key messages:Do not stop taking Epilim unless your doctor tells you

- Do not stop using your birth control (contraception) before you have talked to your doctor and worked together on a plan to ensure your condition is controlled and the risks to your baby are reduced.
- First schedule an appointment with your doctor. During this visit your doctor will make sure you are well aware of and have understood all the risks and advice related to the use of valproate during pregnancy
- Your doctor will try to switch you to another medicine or stop treatment with Epilim'a long tim become pregnant.
- Schedule an urgent appointment with your doctor if you are pregnant or think you might be pregnant.

#### I AM PREGNANT AND I AM USING EPILIM

Do not stop taking Epilim unless your doctor tells you to as your condition may become worse.

Schedule an urgent appointment with your doctor if you are pregnant or think you might be pregnant. Your doctor will advise you further.

## are at serious risk of birth defects and problems with development which can be seriously debilitating. You will be referred to a specialist experienced in the options can be evaluated

In the exceptional circumstances when Epilim is the of your underlying condition and to check how your unborn child is developing. You and your partner should receive counselling and support regarding the valproate exposed pregnancy.

#### Ask your doctor about taking folic acid. Folic acid can lower the general risk of spina bifida and early associated with valproate use.

#### Kev messages:

- You must get thorough counselling on the risks of
- monitoring in order to detect possible occurrences of malformations

# Patient Card from your pharmacist to remind you of valproate risks in pregnancy.

#### Newborn babies of mothers who took valproate

- which takes a long time to stop.
- Hypoglycaemia (low blood sugar).
  Hypothyroidism (underactive thyroid gland, which cán cause tiredness or weight gain).

#### Breast-feeding

any medicine.



# Driving and using machines

#### 3. How to take Epilim

are not sure.

- weight Take this medicine by mouth Do not crush or chew the tablets.
- your doctor.

#### How to take this medicine The dose is normally split and given half in the morning and half in the evening

## How much to take

- - depending on your illness.

Babies born to mothers who have been on valproate management of epilepsy so that alternative treatment

only available treatment option during pregnancy, you will be monitored very closely both for the management

miscarriage that exists with all pregnancies. However, it is unlikely that it will reduce the risk of birth defects

Schedule an urgent appointment with your doctor if you are pregnant or think you might be pregnant.
Do not stop taking Epilim unless your doctor tells you to. Make sure you are referred to a specialist experienced in the treatment of epilepsy to evaluate the need for alternative treatment options.

Epilim during pregnancy, including malformations and developmental effects in children. • Make sure you are referred to a specialist for prenatal

Make sure you read the Patient Guide that you will receive from your doctor. Your doctor will discuss the Annual Risk Acknowledgement Form and will ask you to sign it and keep it. You will also receive a

during pregnancy may have:
Blood clotting problems (such as blood not clotting very well). This may appear as bruising or bleeding

 Withdrawal syndrome (including agitation, irritability, hyperexcitability, jitteriness, hyperkinesia, muscle problems, tremor, convulsions and feeding problems). In particular, this may occur in newborns whose mothers have taken valproate during the last trimester of their pregnancy.

Very little Epilim gets into the breast milk. However, talk to your doctor about whether you should breast-feed your baby. Ask your doctor or pharmacist for advice before taking

You may feel sleepy when taking Epilim. If this happens to you, do not drivé or use any tools or machines. Taking other medicines used to treat fits or calm emotional and mental health problems may increase sleepiness.

Always take Epilim exactly as your doctor has told you. You should check with your doctor or pharmacist if you

Epilim treatment must be started and supervised by a doctor specialised in the treatment of epilepsy.

Taking this medicine
Your doctor will decide how much Epilim to give you or your child depending on your or your child's body

If you feel the effect of your medicine is too weak or too strong, do not change the dose yourself but ask

 Adults (including the elderly)
 The starting dose is 600mg daily. Your doctor should gradually increase this dose by 200mg every 3 days depending on your condition. The usual dose is 1000-2000mg (20-30mg per kilogram of body weight) each day. • This may be increased to 2500mg each day

#### Children over 20 kilograms

- The starting dose should be 400mg daily. Your doctor should increase this dose depending on your child's illness.
- The usual dose is then 20-30mg for each
- kilogram of body weight each day.
  This may be further increased to 35mg for each kilogram of body weight each day depending on your child's illness.

- Children under 20 kilograms
  The usual dose is 20mg for each kilogram of body weight each day. Depending on the child's condition your child's doctor may decide to increase this dose.
- Patients with kidney problems
- Your doctor máy decide to adjust your or your child's dose.

## Patients taking other medicines for fits (epilepsy)

- You or your child may be taking other medicines for epilepsy at the same time as Epilim. If so, your doctor should gradually nitiate treatment depending on your or your child's condition.
- Your doctor may increase the dose of Epilim by 5-10mg for each kilogram of body weight each day depending on which other medicines you are taking.

## If you take more Epilim than you should

If you take more Epilim than you should, tell a doctor or go to a hospital casualty department straight away. Take the medicine pack with you. This is so the doctor knows what you have taken.

The following effects may happen: feeling sick or being sick, pupils of the eye become smaller, dizziness, loss of consciousness, weak muscles and poor reflexes, breathing problems, headaches, fits (seizures), confusion, memory loss and unusual or inappropriate hehaviour

## If you forget to take Epilim

If you forget to take a dose, take it as soon as you remember. However, if it is nearly time for the next dose, skip the missed dose. **Do not** take a double dose to make up for a forgotten dose.

**If you stop taking Epilim** Keep taking until your doctor tells you to stop. Do not stop taking Epilim just because you feel better. If you stop your fits may come back.

Make sure you or your child keep your regular appointments for a check-up. They are very important as your or your child's dose may need to be changed. Epilim can change the levels of liver enzymes shown up in blood tests. This can mean that your or your child's liver is not working properly. If you or your child go into hospital or visit another doctor or a dentist, tell them you are taking Epilim.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

## 4. Possible side effects

Like all medicines, Epilim can cause side effects, although not everybody gets them.

#### Tell your doctor straight away if you notice any of the following serious side effects – you may need urgent medical treatment:

- You have an **allergic reaction.** The signs may include: a rash, joint pain, fever (systemic lupus erythematosus), swallowing or breathing problems, swelling of your line face threat or tagging swelling of your lips, face, throat or tongue Hands, feet or genitals may also be affected. More severe allergic reactions can lead to lymph node enlargement and possible impairment of other
- Liver problems and problems of the pancreas may show as a sudden illness which may happen in the first six months of treatment. This happens in a very small number of people taking Epilim. It includes feeling and being sick many times; being very tired sleepy and weak; stomach pain including very bad upper stomach pain; jaundice (vellowing of the skin or whites of the eyes); loss of appetite; swelling (especially of the legs and feet but may include othe parts of the body); worsening of your fits or a general feeling of being unwell. Your doctor may tell you to stop taking Epilim immediately if you have these symptoms
- You have a skin rash or skin lesions with a pink/red fing and a pale centre which may be itchy, scaly or filled with fluid. The rash may appear especially on the palms or soles of your feet. These could be signs of a serious allergy to the medicine called 'erythema multiforme'