

# Pramipexole for Restless Legs Syndrome

The purpose of this leaflet is to provide you with some information about pramipexole, which has been prescribed to treat your Restless Legs Syndrome (RLS).

If you have any questions or concerns, please speak to a doctor or nurse caring for you.

## What is pramipexole?

Pramipexole belongs to a group of medicines which trigger nerve impulses in the brain that help to control body movements. Pramipexole is used to treat the symptoms of RLS. It works by reducing muscle activity during sleep.

## How do I take the medicine?

For the treatment of RLS, pramipexole is taken once daily at night, two to three hours before bedtime. It should be taken by mouth (orally) with or without food. Swallow the tablets whole with a glass of water. Keep taking the medicine until your doctor tells you otherwise. Stopping suddenly can cause problems and your doctor will want you to reduce your dose gradually if you need to stop treatment.

## What should I do if I forget to take the medicine?

If you forget to take the dose before you fall asleep, do not worry. Take the next dose when it is due. **Do not take an extra dose the following evening to make up for a missed dose.**

## Are there any side effects?

The following are examples of some of the side effects reported by patients taking pramipexole. **For further information on side effects, please see the manufacturer's leaflet that comes with the medicine.**

Side effect (What is it?)	What should I do if it happens?
Common	
Nausea & Vomiting	Stick to simple foods - avoid rich or spicy foods. May decrease with time.
Feeling dizzy, faint or sleepy	Lie down if dizzy or faint then sit for a few moments before standing. Do not drive, use tools or machinery.
Constipation	Try to eat a well balanced diet and drink several glasses of water per day.
Headache	Take your usual painkiller e.g. paracetamol.
Uncommon	
Difficulty sleeping, unusual dreams, involuntary movements, eyesight problems, lack of appetite, swollen hands or feet, feeling confused, seeing things that are not actually there (hallucinating).	Speak to your GP about these.
Other side effects	
Impulsive types of behaviour (such as an increased desire to gamble, binge eat, or an increased sex drive).	Let your doctor know about this as soon as possible.

**If any of the side effects persist or become a problem, please contact your GP/consultant or pharmacist for advice.**

## Is there anything else I need to know?

Do not take alcohol with pramipexole as alcohol can make the drowsiness worse.

There is a **risk of developing worsening RLS symptoms** when taking Pramipexole. Please let your GP know if your symptoms are deteriorating, occurring earlier in the day and or in different parts of your body.

Pramipexole should be kept out of reach of children. The expiry date is printed on the container. Do not use the medicine after this date. The remainder should be returned to your local pharmacy to be discarded.

## Can I take pramipexole with other medicines?

Pramipexole may interact with some medicines. It is therefore important to let us know about any medicines that you are currently taking so that we can check pramipexole is suitable for you. If you are buying any medicines over-the-counter from a pharmacy always mention that you have been prescribed pramipexole. It is safe to take ibuprofen or paracetamol with this medicine. Advice should be sought when purchasing herbal or homeopathic remedies.

## How will my treatment be reviewed?

Your treatment will be reviewed on an ongoing basis and the dose adjusted accordingly in response to your symptoms.

## How do I get a repeat prescription?

Your GP will give you a repeat prescription for pramipexole, which you can take to your local community pharmacy for supply. Please ensure you request your repeat prescription in a timely manner to prevent your supply running out or risk missing any doses of your medication.

## Useful sources of information

RLS-UK Supporting people with Restless Legs Syndrome  
<http://www.rls-uk.org/>

You might find this charity's website - [www.rls-uk.org](http://www.rls-uk.org) - useful for connecting with patients who suffer from the same condition as you but any new information found should not alter your current treatment regimen and you should discuss any new advice with the doctor caring for your condition.

### Contact us

If you have any questions or concerns about your sleep disorder please contact the Sleep Disorder Centre on **020 7188 3430** (9am – 5pm).

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

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