

Ropinirole for Restless Legs Syndrome

The purpose of this leaflet is to provide you with some information about ropinirole, 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 ropinirole?

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

How do I take the medicine?

For the treatment of RLS, ropinirole should be taken once daily before bedtime. Ropinirole may be taken with a meal or snack to reduce any stomach upsets. It should be swallowed whole with a glass of water.

Keep taking the tablets 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 ropinirole. **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?
Very common	
Nausea & Vomiting	Stick to simple foods - avoid rich or spicy foods. Take dose after food.
Common	
Feeling drowsy or sleepy, falling asleep suddenly during the day	If this happens, do not drive or use tools or machines. Speak with your doctor as soon as possible if you start falling asleep suddenly during the day.
Feeling dizzy or faint, especially when you stand or sit up	If you feel dizzy, lie down so that you do not faint, then sit for a few moments before standing. This usually passes as your body gets used to the tablets. Do not drive or use tools or machines.
Swollen legs and ankles, feeling nervous or confused, indigestion, tummy (abdominal) pain, uncontrollable muscle movements, hearing or seeing things that aren't real (hallucinations)	If any of these become troublesome, speak with your doctor.
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?

Ropinirole may also cause you to fall asleep suddenly (it is important that you **do not drive** if this affects you).

Smoking can interfere with the way ropinirole works. Please let your doctor know if you start smoking or give up smoking while you are taking ropinirole, as your dose may need to be adjusted.

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

Ropinirole 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 ropinirole with other medicines?

Ropinirole 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 ropinirole is suitable for you. If you are buying any medicines over-the-counter from a pharmacy always mention that you have

been prescribed ropinirole. It is safe to take ibuprofen or paracetamol with this medicine. Advice should be sought when purchasing herbal or homeopathic remedies.

How do I get a repeat prescription?

Your GP will give you a repeat prescription for ropinirole, 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 - 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

t: 020 7188 3514 (complaints) **e:** 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

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

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