

Rotigotine patch for Restless Legs Syndrome

The purpose of this leaflet is to provide some information about rotigotine, 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 rotigotine?

Rotigotine belongs to a group of medicines which trigger nerve impulses in the brain that help to control body movements. It is used to treat the symptoms of RLS when these symptoms are severe enough to cause distress. It works by reducing muscle activity which may cause the uncomfortable feeling in your legs.

How do I use the medicine?

Apply one rotigotine patch every day at the same time each day. Also, it's important that you remember to remove the 'old' patch before you apply the 'new' patch.

You can put the patches on areas of your body such as the sides of your body, your thighs, hips, tummy (abdomen), shoulder and upper arms. Each time you apply a patch, use a different area of skin to apply the new patch to. Do not use the same area again for at least 14 days.

Keep using the patches until your doctor tells you otherwise. Stopping suddenly can cause problems and your doctor will want you to reduce the strength of the patches gradually if you need to stop treatment.

What should I do if I forget to use the medicine?

If you forget to change your patch at your usual time, do not worry, change it when you remember, and then change this new patch on the next day at your usual time. If a patch comes off accidentally, apply a new patch but then continue to change it at your usual time.

Are there any side effects?

The following are examples of some of the side effects reported by patients taking rotigotine. **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	
Headache	Use your usual painkiller e.g. paracetamol.
Feeling or being sick	Stick to simple or bland meals (avoid rich and spicy foods).
Skin reactions or itching where the patch has been applied	Inform your doctor or pharmacist. Protect the area from sunshine until it has healed.
Common	
Feeling drowsy or sleepy, falling asleep suddenly	If this happens, do not drive or use tools or machines. Speak with your doctor.
Feeling dizzy or faint (due to changes in your blood pressure)	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 patches. Do not drive or use tools or machines.
Difficulties sleeping, abnormal thinking and behaviour, the sensation of having a 'thumping heart' (palpitations), hiccups, constipation, loss of weight, swollen legs and ankles, feeling irritable, indigestion	If any of these become troublesome, speak with your doctor.
Allergic reactions	Speak to your doctor immediately.
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?

Rotigotine can cause your blood pressure to fall (particularly in the early days of your treatment) and your doctor will want to check for this. Your doctor could also recommend you have eyesight tests from time to time.

Try to make sure that when you are wearing a patch it does not come into contact with a heat source such as a heating pad, hot water bottle, electric blanket, or a heated water bed. Heated items like these may increase the amount of medicine that is released from the patch. Having long hot baths or sunbathing for long periods of time are also best avoided.

Sometimes people taking medicines like rotigotine can **fall asleep suddenly during the day** with little or no warning of being tired beforehand. Until you know how you react, take extra care if you drive or operate machinery. If you do find yourself falling asleep suddenly, you should see your doctor as soon as possible for advice, and avoid driving or using tools and machines in the meantime.

If you are due to have an operation or any medical treatment, please tell the person carrying out the treatment that you are using skin patches. This is particularly important if you are due to have MRI (magnetic resonance imaging) or cardioversion, as any patches will need to be removed before these procedures.

There is an increased risk of skin problems with use of patches. Check your skin from time to time for any unusual areas of skin, and to speak with your doctor if you are concerned.

Rotigotine 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 use rotigotine patches with other medicines?

Rotigotine 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 it is suitable for you. If you are buying any medicines over-the-counter from a pharmacy always mention that you have been prescribed rotigotine. 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 rotigotine, 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

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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