

Oxycodone/Naloxone (Targinact®) for Restless Legs Syndrome

The purpose of this leaflet is to provide you with some information about targinact, 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 Targinact®?

Targinact® is a painkiller containing a combination of medicines. Oxycodone is a painkiller that belongs to a group of medicines called opioids. Naloxone works to block unwanted effects of oxycodone, and is used in combination with oxycodone to reduce side-effects such as constipation.

Targinact® is used to treat severe pain associated with RLS when other treatments may have failed. It acts within the brain and spinal cord to decrease your feeling of, and reaction to pain. The severity of symptoms associated with RLS may be improved.

How do I take the medicine?

For the treatment of pain associated with RLS, Targinact® is taken orally (by mouth) twice daily at the same times each day. Your medicine is usually started once a day at night but will be titrated up according to your response. Although it can be taken on an empty stomach, taking it with food can help prevent feelings of sickness which can occur with the first few doses. It should be swallowed whole with a glass of water.

The tablets are prolonged release and therefore it is very important you do not break or crush them before they are swallowed.

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 have forgotten to take the dose, do not worry. If you usually take your medicine twice a day ensure you leave twelve hours apart between each dose. If you take your medicine once a day at

night then wait for your next due dose. **Never take two doses together 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 targinact. **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	
Feeling or being sick, indigestion, abdominal pain	Stick to simple meals - avoid rich or spicy foods. If this continues, let your doctor know.
Feeling dizzy, sleepy or drowsy	If this happens, do not drive or use tools or machines. Do not drink alcohol.
Shallow breathing and other breathing problems	Inform your doctor as soon as possible.
Constipation	Eat a well-balanced diet and drink plenty of water each day. If this continues to be a problem, speak with your doctor.
Diarrhoea	Drink plenty of water to replace any lost fluids.
Dry mouth	Suck sugar-free sweets.
Uncommon	
Reduced appetite, feeling confused or disorientated, sleep disturbances, headache, chills, itching, sweating, and rash	If any of these become troublesome, speak with your doctor.

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?

You may become dependent on Targinact® whilst taking it. Stopping abruptly may cause withdrawal symptoms such as feeling restless or irritable. If you have been taking it for some time and want to stop it, your doctor will recommend that you reduce your dose slowly in order to avoid the risk of these effects.

Do not drink alcohol whilst taking Targinact® as this may increase the possibility of developing side effects such as dizziness, drowsiness and reduced breathing rate which may be dangerous.

If you are planning a trip abroad, you are advised to carry a letter with you from your doctor to explain that you have been prescribed oxycodone. This is because it is classed as a 'controlled drug' and is subject to certain restrictions.

Targinact® 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 Targinact® with other medicines?

Although Targinact® may interact with some medicines, it rarely causes problems with other medicines when used for RLS. Please, however, let us know about any medicines that you are currently taking so that we can check it is suitable for you.

Check with your GP, consultant or pharmacist if you have any worries. If you are buying any medicines over-the-counter from a pharmacy always mention that you have been prescribed Targinact®. 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 targinact, 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

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