

Tramadol for Restless Legs Syndrome

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

Tramadol is a painkiller. It belongs to a group of medicines called opioids. Tramadol is a type of strong opioid used to treat severe pain. It acts within the brain and spinal cord to decrease your feeling of, and reaction to pain. Tramadol can be used to reduce the pain and severity of symptoms associated with RLS.

Taking an unlicensed medicine

The use of tramadol for RLS is unlicensed which means that although the manufacturer of the medicine has not specified it can be used in this way, there is evidence that it works to treat this particular condition. The leaflet, **Unlicensed medicines – a guide for patients**, has more information about unlicensed medicines. If you would like a copy, please ask your doctor, nurse or pharmacist. Alternatively you can call the pharmacy medicines helpline – contact details are at the end of this leaflet.

How do I take the medicine?

For the treatment of pain associated with RLS, tramadol is taken orally (by mouth) once daily at night. Although it can be taken on an empty stomach, taking tramadol 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.

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 tramadol. **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 dizzy, tired or sleepy	If this happens, do not drive or use tools or machines. Do not drink alcohol.
Feeling or being sick	Stick to simple meals - avoid rich or spicy foods.
Constipation	Eat a well-balanced diet and drink plenty of water each day. If this continues to be a problem, speak with your doctor.
Dry mouth	Try chewing sugar-free gum or sucking sugar-free sweets.
Shallow breathing and other breathing problems	Let your doctor know about this.
Less common	
Headache, diarrhoea, itchy rash, and sweating	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 tramadol whilst taking it. Stopping suddenly can cause problems such as making you feel restless and 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 you are taking tramadol. Mixing alcohol with tramadol may be dangerous as it can reduce your breathing rate, and it increases the risk of other side-effects.

Tramadol 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 tramadol with other medicines?

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