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 treating RLS, ropinirole should be taken once a day 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, don’t 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.
Important: if you experience any of the following symptoms, contact your GP for advice as soon as possible:

- Impulsive types of behaviour (such as an increased desire to gamble, binge eat, or an increased sex drive).

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 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.

If you are a driver, please be aware that ropinirole may affect your reactions and ability to drive. It is an offence to drive while your reactions are impaired. Even if your driving ability is not impaired, if you drive, you are advised to carry some evidence with you which shows that the medicine has been prescribed for you – a repeat prescription form or the patient information leaflet from the packet is generally considered suitable.

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.

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<thead>
<tr>
<th>Side effect (What is it?)</th>
<th>What should I do if it happens?</th>
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<tbody>
<tr>
<td>Very common (more than one in 10)</td>
<td>Stick to simple foods – avoid rich or spicy foods. Take dose after food.</td>
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<tr>
<td>Nausea (feeling sick) and vomiting (being sick)</td>
<td>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.</td>
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<tr>
<td>Common (between one in 100 and one in 10)</td>
<td>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.</td>
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<tr>
<td>Feeling drowsy or sleepy, falling asleep suddenly during the day</td>
<td>If any of these become troublesome, speak with your doctor.</td>
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<tr>
<td>Feeling dizzy or faint, especially when you stand or sit up</td>
<td>Swollen legs and ankles, feeling nervous or confused, indigestion, tummy (abdominal) pain, uncontrollable muscle movements, hearing or seeing things that aren't real (hallucinations)</td>
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</table>
Ropinirole should be kept out of reach of children. If anyone other than you takes this medicine, you, they, or their parent/carer should contact NHS 111 for advice. If they are unwell then they should call for an ambulance.

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.

**Pregnancy and breastfeeding:**
We do not recommend the use of this medicine if you are pregnant or breastfeeding. You should let your consultant know if you are planning a pregnancy so that a management plan can be agreed. If you discover that you are pregnant, please contact your consultant for advice as soon as possible.

**Sleep hygiene:** Taking ropinirole is not a replacement for a good sleep routine. It is still important to aim to get around seven to eight hours of sleep at night if possible. It is advisable to go to bed when tired, and get up at about the same time each day.

**Can I take ropinirole with other medicines?**
Ropinirole may interact with some medicines. It is 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. Seek advice from a pharmacist when buying 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 pharmacy for supply. Please make sure you request your repeat prescription early enough to prevent your supply running out, or risking missing any doses of your medication.

**Useful sources of information**
RLS-UK Supporting people with restless legs syndrome, w: www.rls-uk.org/
You might find this charity’s website useful for connecting with patients who suffer from the same condition as you, but any new information found should not alter your current treatment programme 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, t: 020 7188 3430, Monday to Friday, 9am to 5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

**Out of hours:**
Please leave a message and a member of staff will call you back in working hours; alternatively please contact your GP or NHS 111.
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.
\[ \text{t: } 020 7188 8748 \text{ 9am to 5pm, Monday to Friday} \]

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.
\[ \text{t: } 020 7188 8801 \text{ (PALS)} \quad \text{e: } \text{pals@gstt.nhs.uk} \]
\[ \text{t: } 020 7188 3514 \text{ (complaints)} \quad \text{e: } \text{complaints2@gstt.nhs.uk} \]

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. \[ \text{t: } 020 7188 8815 \quad \text{e: } \text{languagesupport@gstt.nhs.uk} \]

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. \[ \text{t: } 111 \]

NHS website
Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.
\[ \text{w: } \text{www.nhs.uk} \]

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:
\[ \text{t: } 0800 731 0319 \quad \text{e: } \text{members@gstt.nhs.uk} \quad \text{w: } \text{www.guysandstthomas.nhs.uk/membership} \]