Pregabalin for Restless Legs Syndrome

The purpose of this leaflet is to provide you with some information about Pregabalin, which has been prescribed to treat your Restless Legs Syndrome.

If you have any questions or concerns, please speak to a doctor or nurse caring for you.

What is Pregabalin?

Pregabalin belongs to a group of medicines known as anti-epileptic medicines. It can be used for a variety of conditions such as epilepsy, neuropathic pain, generalised anxiety disorder and restless legs. The way in which pregabalin works in Restless Legs Syndrome (RLS) is not fully understood but it is thought to affect activity in the nerve cell. This action improves the severity of symptoms. The use of pregabalin for RLS is off-label 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. This is why it is important for you to read our leaflet in addition to the patient information leaflet issued from the manufacturer.

How do I take the medicine?

Pregabalin should be taken by mouth with or without food. Pregabalin is taken once daily at night for the treatment of RLS. It should be swallowed whole with a glass of water. Your treatment will be reviewed on an ongoing basis.

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

Do not worry. If you have forgotten to take the dose before you fall asleep do not take an extra dose the following evening.

Are there any side effects?

The following are examples of some of the side effects reported by patients taking pregabalin. For further information on side effects, please see the manufacturer’s leaflet that comes with the medicine.

<table>
<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>Increased appetite &amp; Weight gain</td>
<td>Try to eat a balanced diet and increase exercise</td>
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<tr>
<td>Mood disturbances (Euphoria &amp; Depression), Confusion</td>
<td>If symptoms persist contact GP before taking next dose</td>
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<tr>
<td>Dizziness, Sleepiness/Drowsiness</td>
<td>Take dose immediately before bedtime, if symptoms persist contact GP before taking next dose</td>
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<td>Headaches</td>
<td>Take your regular pain killer e.g paracetamol</td>
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<td>Diarrhoea</td>
<td>Drink plenty of water to replace lost fluids</td>
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<td>Constipation</td>
<td>Try to eat a well balanced diet and drink plenty of water each day.</td>
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<tr>
<td>Co-ordination, balance or speech affected</td>
<td>Seek medical advice immediately</td>
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</table>
If any of the side effects persist or become a problem, contact your GP/consultant or pharmacist

Is there anything else I need to know?

There is a risk that you may become dependent on pregabalin whilst taking it. Withdrawal symptoms have been observed if treatment is abruptly stopped (nervousness, mood disturbances, flu-like symptoms). If you have been taking pregabalin 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.

The risk of worsening RLS symptoms can occur with some medicines. This risk is low with pregabalin. If your symptoms start to occur earlier in the day or in different body parts please tell your doctor.

Pregabalin rarely causes problems with other medicines when used for RLS. 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 pregabalin. It is safe to take ibuprofen or paracetamol with this medicine. Advice should be sought when purchasing herbal or homeopathic remedies.

Pregabalin 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.

How do I get a repeat prescription?

Your GP will give you a repeat prescription for pregabalin, which you can take to your local community pharmacy for supply.

Useful sources of information

RLS-UK Supporting people with Restless Legs Syndrome
http://www.rls-uk.org/
Useful contact information

Who can I contact for more information?

**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