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.

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 for symptomatic treatment of Restless Legs Syndrome (RLS). The way ropinirole works in RLS is to reduce muscle activity during sleep. This action can help to reduce the severity of symptoms.

How do I take the medicine?
Ropinirole should be taken once daily just before bedtime for the treatment of restless legs syndrome. However, the dose can be taken up to 3 hours before going to bed. Ropinirole may be taken with a meal or snack to reduce any stomach upsets. 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 ropinirole. For further information on side effects, please see the manufacturer’s leaflet that comes with the medicine.
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?

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.

Ropinirole may also 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. If you either start smoking or give up smoking while you are taking ropinirole, your dose may need to be adjusted, so you should let your doctor know about this.

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.

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. Advice should be sought when purchasing herbal or homeopathic remedies.

Ropinirole 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 ropinirole, 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