



## Patient Information

# Mirapex™ for Restless Legs Syndrome or Periodic Limb Movements of Sleep

Start with the lowest possible dose, the 0.125 mg tablet. Increase the dose gradually until the restless legs symptoms disappear or diminish to your satisfaction. The table below illustrates this schedule:

DAYS	MIRAPEX DOSE
1-3	1 of the 0.125 mg tablets
4-6	2 of the 0.125 mg tablets
7-9	2 ½ - 3 of the 0.125 mg tablets
10-12	3 ½ - 4 of the 0.125 mg tablets
13-15	etc.

This schedule will work for most people with restless legs who have symptoms primarily in the evening. If your restless legs symptoms start earlier in the day, you can take two or three doses of Mirapex™ per day. You can also take an extra dose on days when you have to sit unusually still, such as in a movie or on an airplane.

If you have Periodic Limb Movements of Sleep, without restless legs, you may want to increase the dose more slowly, since you will have to rely on your bed partner to tell you when the movements stop. If you don't have a bed partner (or you have one who is a very sound sleeper), increase the dose slowly until you feel more rested in the morning.

### How much Mirapex™ can you take?

Only a few medical studies have been done on this drug for these conditions. In those studies, the average dose of Mirapex™ ranged from 0.3 to 0.5 mg per day. It is safe to take in much larger doses. Patients with a more serious neurological disorder, Parkinson's Disease, usually take 4.5 mg or more per day, equal to 36 or more of the 0.125 mg tablets. Mirapex™ also comes in 0.25 mg, 0.5 mg, and 1.0 mg tablets.

### What are the side effects?

Fortunately, side effects are uncommon at these low doses and they often can be prevented by increasing the dose slowly. When they do occur, they are often mild and only last a few days. If you experience a side effect, don't increase the dose until it resolves. Side effects that occur most often are nausea (less likely if you take it with food), constipation and sleepiness. On rare occasions, dizziness associated with a drop in blood pressure may occur. Transient nasal congestion, lasting a few hours, occurs occasionally. It can be prevented by using a nasal steroid spray (such as Flonase™ or Beconase™) every day, or by using Nasalcrom™ nasal spray an hour or two before you take Mirapex™. Nasalcrom™ nasal spray is available over the counter, but nasal steroid sprays require a prescription.

### Are there drug interactions?

There are very few known or potential drug interactions with Mirapex™. Certain anti-ulcer drugs, such as Tagamet™ and Zantac™, may increase Mirapex™ blood level slightly. If you have questions about interactions with any other drug, ask the prescribing doctor or your pharmacist.

Many drugstores provide you with an information sheet about your medication when you first fill a prescription. Unfortunately, since Mirapex™ is used primarily for Parkinson's Disease, the information sheet will have little useful information for you, and may mention side effects, etc., which do not apply to you. The same will be true of the package insert that comes with sample bottles, the Physician's Desk Reference and other medication books.

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