



## Patient Information

# Requip® for Restless Legs Syndrome or Periodic Limb Movements of Sleep

Start with the lowest possible dose, ½ of the 0.25 mg tablet. Increase the dose gradually until the restless legs symptoms disappear or diminish to your satisfaction. The table below illustrates this schedule:

| DAYS  | REQUIP® DOSE |
|-------|--------------|
| 1-3   | ½ tablet     |
| 4-6   | 1 tablet     |
| 7-9   | 1 ½ tablet   |
| 10-12 | 2 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 Requip® 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 Requip® can you take?

Only a few medical studies have been done on this drug for these conditions but it is safe to take in much larger doses than most restless legs patients require. Patients with a more serious neurological disorder, Parkinson's Disease, take up to 24 mg per day, equal to 96 of the 0.25 mg tablets. Requip® also comes in 0.5 mg, 1 mg, 2 mg and 5 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), and sleepiness. On rare occasions, patients experience dizziness associated with a drop in blood pressure.

### Are there drug interactions?

There are very few known or potential drug interactions with Requip®. Certain anti-ulcer drugs, such as Tagamet™ and Zantac™ may increase Requip® 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 Requip® 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.

COPYRIGHT 2003 BY THE SLEEP DISORDERS CENTER OF CENTRAL TEXAS

THE SLEEP DISORDERS CENTER OF CENTRAL TEXAS  
102 WESTLAKE DR, SUITE 102 ♦ AUSTIN, TEXAS 78746  
(512)329-YAWN (329-9296) ♦ [www.sleepdoctor.com](http://www.sleepdoctor.com)