

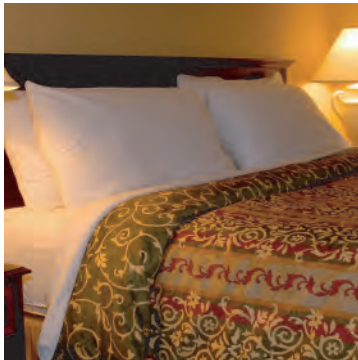
## WHAT YOU CAN DO

### Restless Legs

**Restless Legs Syndrome, RLS, causes itchy, tingly or achy feelings in the legs that make you want to move your legs. It can make it hard to sleep or sit still.**



*Limit alcohol and caffeine.*



*A good night's sleep is very important.*



*Ask your doctor or pharmacist about RLS medicines.*

#### Here is what you can do to help RLS.

- Tell your doctor if you are taking any medicines. Many medicines can make RLS worse.
- Limit alcohol and caffeine. Both can make your RLS worse.
- Get some exercise but don't overdo it.
- Relax before going to bed. Go to bed at the same time every night. Get up at the same time every morning.
- When your legs bother you, try walking, stretching, rubbing your legs or a warm bath.

**Ask Your Doctor** if you have a low blood count or low iron.

**Ask Your Doctor** if you need medicine for your RLS.

**Call Your Doctor** if your RLS medicine makes you feel:

- Sick to your stomach
- Dizzy
- Sleepy

After starting medicine, set up times to see your doctor.

Next visit: \_\_\_\_\_

#### Before you begin taking medicine for RLS, ask your doctor or pharmacist these questions:

- How soon before bedtime should I take my medicine? \_\_\_\_\_
- Should I take my medicine with or without food? \_\_\_\_\_
- How long will I need to take the RLS medicine? \_\_\_\_\_
- What are the side effects of the medicine? \_\_\_\_\_
- Are there any foods or drinks I should not have while taking my medicine? \_\_\_\_\_
- Can I take my medicine with other medicines that I am taking? \_\_\_\_\_
- If there are warning labels on the medicine bottle, what do they mean? \_\_\_\_\_