

TALLAHASSEE PULMONARY CLINIC

Pulmonary Medicine-Critical Care Medicine-Sleep Medicine

Requip for Restless Legs Syndrome

1. **Requip** is a medication that is FDA approved for moderate-to-severe primary restless legs syndrome (RLS).
2. **Requip should be taken approximately 1-2 hours before bedtime.** Most patients require one dose every evening, but some patients require two doses a night or even three doses a day.
3. **The most common side effect of Requip is mild nausea,** but this rarely results in discontinuation of the medication. To reduce the chance of nausea, **take Requip shortly after dinner and increase the dose of Requip slowly** (by 0.25 mg increments every 4-7 days)
4. On occasion, Requip may cause daytime sleepiness, dizziness, vomiting, hallucinations, or vivid dreams. Be careful not to drive if drowsy, and drink plenty of fluids during the day to reduce the chance of dizziness.
5. If you miss a dose of Requip, do not take a double dose the next day.
6. If you experience severe side effects from taking Requip, call your doctor immediately. Your doctor may have you lower your Requip dose or taper off the medication. Do not stop Requip abruptly

SUGGESTED DOSING SCHEDULE FOR REQUIP:

An average dose of Requip for the majority of patients with RLS is 1 mg every evening, but the accepted dose range is 0.5 mg to 4 mg every evening.

Standard FDA-approved schedule:

Days 1-2: 0.25 mg every evening with food
Days 3-7: 0.5 mg every evening and increase to desired effect if needed
Week 2: 1.0 mg every evening and increase to desired effect if needed
Week 3: Can increase by 0.5 mg every week until desired effect

For elderly patients or “sensitive patients” at high risk for nausea:

Week 1: 0.25 mg every evening with food
Week 2: 0.5 mg every evening and increase to desired effect if needed
Week 3: 0.75 mg every evening and increase to desired effect if needed
Week 4: Can increase by 0.25 mg every week until desired effect