

Preparing for your GP appointment regarding the Restless Legs Syndrome (RLS)

What to bring

Completed symptom diary

Completed International Restless Legs Syndrome Rating Scale ([IRLS](#))

Completed Epworth sleepiness scale (ESS)

Medication list (include over-the-counter medicines, vitamins and supplements, herbal medications:

Does anyone in your immediate family have the RLS Yes / No/ Don't know

If **yes**, who has RLS (circle)? Father / mother / sibling / children

Useful questions to ask your GP

- Do my symptoms meet all five diagnostic criteria for RLS?
- Could another condition or medicine explain my RLS symptoms?
- Should my iron levels and kidney function be checked?
- What non-drug measures should I try?
- What treatment would be appropriate for my symptom frequency?
- What benefits and side effects should I expect from treatment?
- How will treatment be monitored?
- When should I return, and when is specialist referral appropriate?