

# Manage RLS

## Doctor Discussion Guide



### Help get the conversation about Restless Legs Syndrome (RLS) started with your healthcare provider.

This guide may help you prepare for conversations with your doctor. Please make the selections that are true for you.

#### Already diagnosed with RLS?

If so, what treatment are you on, if any? \_\_\_\_\_

When and how often do you take your medication? \_\_\_\_\_

Are you still suffering from RLS symptoms despite your treatment? ☐ Yes ☐ No

### If you think you may have RLS answer the following questions to help guide your conversation with your doctor.

#### Do you suffer from any of the following symptoms?

##### Check if yes

- ☐ Urge to move
- ☐ Creepy crawlies
- ☐ Pain in your legs
- ☐ Feeling like your legs are on fire
- ☐ Electric shock impulse
- ☐ Difficulty falling asleep due to leg discomfort
- ☐ Difficulty staying asleep due to leg discomfort

##### How often per week?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you feel the need or urge to move during the day, for example, when you are sitting in a meeting or on an airplane?

☐ Yes ☐ No

Have you spoken with your doctor about these symptoms?

☐ Yes ☐ No

**This guide is not intended as a medical diagnosis. Talk to your healthcare provider to determine next steps together, and, if appropriate, discuss your treatment options.**