



RLS DOCTOR DISCUSSION GUIDE/PATIENT SYMPTOM AND SLEEP DIARY

Think of working with your doctor as a team effort.

Although your doctor is responsible for diagnosing and treating your medical conditions, ultimately, nobody knows more about you, than you. You know your medical history, you know the medications you are taking, and only you know how you feel.

It's simple: the more information you can share with your doctor, the better the two of you can address your condition. Use this helpful tool to keep a careful record of how you feel, and be ready to share the results with your doctor so you can get the best treatment possible.

To help you get the conversation started, bring your RLS Doctor Discussion Guide and Patient Symptom and Sleep Diary to your doctor's appointment. These tools will help you and your doctor better understand your symptoms and determine if MIRAPEX is right for you.

Overall, how would you rate the RLS discomfort in your legs or arms?

- (4) Very severe (3) Severe (2) Moderate (1) Mild (0) None

Overall, how would you rate the need to move around because of your RLS symptoms?

- (4) Very severe (3) Severe (2) Moderate (1) Mild (0) None

Overall, how much relief of your RLS arm or leg discomfort did you get from moving around?

- (4) No relief (3) Mild relief (2) Moderate relief (1) Either complete or almost complete relief
 (0) No RLS symptoms to be relieved

How severe was your sleep disturbance due to your RLS symptoms?

- (4) Very severe (3) Severe (2) Moderate (1) Mild (0) None

How severe is your tiredness or sleepiness during the day due to your RLS symptoms?

- (4) Very severe (3) Severe (2) Moderate (1) Mild (0) None

How severe is your RLS as a whole?

- (4) Very severe (3) Severe (2) Moderate (1) Mild (0) None

How often do you get RLS symptoms?

- (4) Very often (6 to 7 days in 1 week)
 (3) Often (4 to 5 days in 1 week)
 (2) Sometimes (2 to 3 days in 1 week)
 (1) Occasionally (1 day in 1 week)
 (0) Never

When you have RLS symptoms, how severe are they on average?

- (4) Very severe (8 hours or more per 24 hours)
- (3) Severe (3 to 8 hours per 24 hours)
- (2) Moderate (1 to 3 hours per 24 hours)
- (1) Mild (less than 1 hour per 24 hours)
- (0) None

Overall, how severe is the impact of your RLS symptoms on your ability to carry out your daily family, home, social, school, or work life?

- (4) Very severe (3) Severe (2) Moderate (1) Mild (0) None

The symptoms on these pages, while associated with RLS, do not serve as diagnostic criteria. Products approved for the treatment of RLS may not improve all these symptoms.

USE THE PATIENT SYMPTOM AND SLEEP DIARY EACH DAY UNTIL YOU VISIT YOUR DOCTOR

Insert the date and circle the number that best describes how you felt that day and night.

Scale: 4 = Very severe, 3 = Severe, 2 = Moderate, 1 = Mild, 0 = None

DATE:															
How I felt:															
The discomfort in my legs was:															
The urge to move around was:															
My sleep disturbance was:															
My tiredness or sleepiness during the day was:															
The impact of my symptoms on my daily activities (family, social life, work, etc.) was:															
My mood disturbance (feeling angry, depressed, sad, anxious, irritable) was:															
Overall, my symptoms were:															

IMPORTANT SAFETY INFORMATION ABOUT MIRAPEX:

MIRAPEX is indicated for the treatment of moderate-to-severe primary Restless Legs Syndrome (RLS).

MIRAPEX may cause you to fall asleep without any warning, even while doing normal daily activities, such as driving. Before taking MIRAPEX, talk to your doctor if you drink alcohol or take other medications that make you drowsy as these can increase the chance that MIRAPEX will make you feel sleepy or fall asleep when you should be awake. When taking MIRAPEX, hallucinations (seeing, hearing, feeling, or tasting something that isn't there) may occur and you may sometimes feel dizzy, nauseated, faint or sweaty when you sit up or stand quickly. In clinical trials for RLS, the most commonly reported side effects of MIRAPEX that were more frequent than with placebo are nausea, headache, and tiredness. Talk to your doctor if you experience any of these symptoms.

There have been reports of impulse control disorders and compulsive behaviors in patients taking certain medicines, including MIRAPEX. If you or your family members notice that you are experiencing new or increased gambling urges, increased sexual urges or other intense urges, such as compulsive shopping or eating, while taking MIRAPEX, talk to your doctor.