



Summary:

- Evaluate for and treat underlying conditions that can exacerbate RLS
 - Iron Deficiency
 - OSA, PLMS
 - CKD, ESRD
 - Alcohol, caffeine, antihistaminergic, serotonergic, antidopaminergic medications
- Check iron status and supplement iron if indicated
- Strong recommendation for alpha-2-delta ligands as first line therapies for RLS
 - Gabapentin enacarbil, Gabapentin, Pregabalin
- Move away from using dopaminergic drugs (pramipexole, ropinirole, rotigotine) as first line agents due to risk of augmentation.
- New Non-pharm treatment: high-frequency peroneal nerve stimulation

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