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Restless Legs Visit Sheet

Describe the pattern in your own words and bring a complete medicine list. This sheet does not diagnose restless legs, interpret a lab result, recommend iron, or direct a medicine change.

Before you write anything, two things. Do not start iron on your own — iron overload is real, and the blood test comes first. Do not increase a dopamine-related medicine on your own. One hot, red, swollen leg; chest pain; trouble breathing; new weakness; or loss of bladder or bowel control needs urgent or emergency evaluation, not a worksheet.

Symptoms creeping earlier can be a treatment effect. If symptoms now start earlier in the day than they used to, arrive faster once you sit down, feel stronger, give less relief when you move, or have spread to the arms or trunk, that pattern can mean the medicine itself is driving it. Do not raise the dose. Contact the prescriber.

The pattern, in your words

1. When does the urge begin?
2. What does sitting or lying still do?
3. What does moving do?
4. Are evenings and nights worse than mornings?
5. Where is the feeling, and has it spread since it started?

Everything you take

Prescriptions, anything bought over the counter, supplements, caffeine, alcohol, and cannabis. Sleep products containing an antihistamine matter here, and so do several antidepressants — which is a conversation with the prescriber, never a reason to stop something on your own.

Prescription, over-the-counter, supplement, caffeine, alcohol, or cannabis	Form and dose as printed	When you actually take it	Clinician notes

Education, not medical advice. Evidence and U.S. guidance checked through September 8, 2026. If you are in crisis, call or text 988 or use the 988 Lifeline chat. For an immediate threat to life or a medical emergency, call 911. Outside the United States, use your local crisis or emergency service.

This worksheet accompanies the essay *Your Legs Won't Let You Sleep: Restless Legs, Iron, and the Medication Trap*. Clinical review: Fady Boules, PMHNP-BC.

Bring existing results as they are. Do not interpret them, circle a number, or decide between oral and intravenous iron on this page — the thresholds used for restless legs differ from ordinary laboratory ranges, and they are consensus guidance rather than a self-treatment calculator.

Date drawn	Ferritin	Transferrin saturation	Clinician's interpretation

What I want to ask

1. The question I most want answered at this visit

2. What I should do if symptoms start creeping earlier again

On a hard day, three things are enough. When symptoms begin, what moving does, and the exact medicine list.

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