

## **Common medications and other substances exacerbating restless legs syndrome**

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- Alcohol, nicotine, caffeine
- Antinausea medication e.g. metoclopramide, prochlorperazine
- Antipsychotic drugs e.g. haloperidol, olanzapine, phenothiazine derivatives
- Antidepressants – SSRIs, SNRIs, tricyclics and mirtazapine
- Antihistamines including over-the-counter sleep aids