

## Impulse Control Disorder

**Impulse Control Disorder includes pathological gambling, impulse spending, overeating, punding (compulsive performance of repetitive tasks) and hypersexuality.**

1. Impulse control disorders (ICD) are a well known adverse side effect of dopamine agonist medications (DAs) used to treat RLS, including Ropinirole, pramipexole and the Rotigotine patch (Neupro).
2. The prevalence of ICDs ranged from 2.6 to 34.8% in a 2018 study.<sup>1</sup> A 2016 study associated augmentation with a 6-fold increased risk of ICD.<sup>2</sup> However, due to the failure to associate ICD with DAs, and the shame often associated with such out of character behaviour, many doctors and patients fail to report these side effects, and prevalence is probably much higher.<sup>3</sup>
3. ICD can appear at any time during treatment with DAs sometimes within the first few months, but most often after years of treatment. If you have experienced ICD, to inform the medical profession and warn other patients, you should report it via the UK Yellow Card Reporting Scheme.<sup>4</sup>
4. Pharmaceutical companies included warnings about ICD in DA medication leaflets after successful legal actions and articles warning of the risks.<sup>5</sup> Doctors prescribing DAs should expressly warn patients of the high risk of ICD. Failure to do so can lead to legal action for negligence. There have been hundreds of successful legal actions against doctors in the UK for failure to warn.<sup>6</sup>
5. If you have been affected by ICD you should seek medical help to reduce DA medication slowly.
6. You should also consult a solicitor as soon as you are aware that DAs caused ICD, as legal action for negligence has to be commenced within 3 years.

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<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5762774>

<sup>2</sup> <https://pubmed.ncbi.nlm.nih.gov/27261093/>

<sup>3</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5762774/>

<sup>4</sup> . <https://yellowcard.mhra.gov.uk/>

<sup>5</sup> <https://sleepreviewmag.com/uncategorized/restless-leg-syndrome-drugs-impulse-control-disorders/>

<sup>6</sup> <https://www.ukhealthcarelawblog.co.uk/advice-on-medication-montgomery-and-causation-hazel-kennedy-v-dr-jonathan-frankel-2019-ewhc-qb/>