

Dear

## FREEDOM OF INFORMATION – RESTLESS LEG SYNDROME

I write in response to your request for information in relation to treatment of restless leg syndrome in NHS Lothian.

Question:

1. In NHS Lothian, can a GP prescribe pregabalin and or gabapentin for treatment of restless leg syndrome?

Answer:

GPs use the East Region Formulary for prescribing guidance. Gabapentin and pregabalin are not listed on the East Region Formulary for the treatment of restless leg syndrome <https://www.formulary.nhs.scot/east/>.

Gabapentin and pregabalin, when still under patent, were not recommended for use in NHS Scotland for peripheral and central neuropathic pain in adults. The liquid formulation of pregabalin was given Scottish Medicines Consortium (SMC) approval for first-line treatment for patients with neuropathic pain who are unable to swallow tablets, however this is not routinely available as local clinical experts do not wish to add the medicine to the formulary at this time as there is a local preference for alternative medicines.

There is a process for clinical prescribers can suggest additions to the East Region Formulary, which would be discussed by the East Region Formulary Committee.

There is also a process for clinicians to prescribe medicines which are not on the East Region Formulary, this involves review and approval.

Question:

2. In NHS Lothian what is the treatment pathway for the treatment of restless leg syndrome?

Answer:

The treatment pathway is available to view online at the following link: <https://apps.nhsllothian.scot/refhelp/guidelines/neurology/restless-legs-syndrome-rls/>

Question:

3. What are the current waiting times for a first outpatient appointment for neurology, from referral to first outpatient appointment?

Answer:

Information about hospital waiting times is available online at the following web address:  
<https://waitingtimes.publichealthscotland.scot/view-waiting-times/>

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at <https://www.foi.scot/appeal>. If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the reviewer at the address at the top of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhsllothian.scot/FOI>

Yours sincerely

**ALISON MACDONALD**  
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Cc: Chief Executive