



Digoxin (Lanoxin® or Toloxin)

What is digoxin?

- ♥ Digoxin is a medication that slows down your heart rate and prevents the heart from beating too fast.

How does digoxin help with irregular heartbeats?

- ♥ Slows down the heart rate
- ♥ It helps to make you feel better by reducing the symptoms of an irregular or fast heartbeat.

How should I take digoxin?

- ♥ Take this medication regularly, as prescribed by your health care provider.
- ♥ Digoxin is taken consistently once a day at the same time to avoid missing a dose.
- ♥ Digoxin can be taken with or without food.
- ♥ Avoid high fibre meals when taking your digoxin.

What if I miss taking a dose?

- ♥ If it is almost time for your next dose, skip the dose you missed and take your next scheduled dose.
- ♥ Never take two doses at the same time.
- ♥ Do not stop taking your digoxin without instruction from your health care provider.
- ♥ If you have questions about taking your medications, or missed doses, contact your pharmacist or your health care provider. In British Columbia, you can also call 8-1-1.

Do not take any of the following without checking with your pharmacist/health care provider:

- Antacids
- Bulk forming laxatives (e.g. psyllium or kaolin/pectin)
- Vitamins or supplements
- Herbal or naturopathic remedies
- Traditional Chinese medicines
- Anti-inflammatory medicines
- Other "over-the-counter" medicines you can buy



Did you know?

Digoxin is often combined with other medications to control your heart rate.





Common Side Effects

It is important to talk with your health care provider about side effects and how best to deal with them. Most will improve with time. Contact your health care provider if any of these side effects do not go away or get worse.

Feeling tired all the time	Headache
Stomach upset, diarrhea	Skin rash
Nausea	Itchiness

Medication Tips

- ♥ To lower the chance of feeling dizzy, rise slowly from sitting or lying down. 
- ♥ You might be sent for a blood test to check the level of digoxin in your blood. This test is best done at least 8 hours after your last dose.
- ♥ Sometimes the level of digoxin in your blood can be too high. Contact your health care provider if you have any of these signs:
 - Loss of appetite
 - Vomiting, or severe diarrhea
 - Changes in your eyesight, seeing halos or bright colours around lights
 - Confusion or hallucinations
- ♥ Digoxin can sometimes interact with medications taken for other health conditions. 
- ♥ Your health care provider may need to adjust doses to ensure all your medications are safe and effective.
- ♥ Please check with your pharmacist before starting any new medication.

- ♥ Contact your health care provider if you have any of these signs:
 - Fainting
 - Confusion or hallucinations
 - Vomiting
 - Decreased appetite
 - Green/yellow colour disturbance
 - Feeling unwell and very low heart rate
 - Blurry vision, halos around lights, light sensitivity or flashing lights
- ♥ Alcohol can impact both your medications and your health condition. Speak to your care provider about alcohol use.

Health Provider contact information

To learn more about digoxin, go to the HealthLinkBC web site (www.healthlinkbc.ca) or call 8-1-1.

