

Taking Digoxin: Your Daily Safety Guide

Medical-Surgical · Cardiovascular

Digoxin helps your heart pump stronger and slows a fast, uneven heartbeat. The right amount helps, but too much is harmful, so check your pulse and watch for warning signs.

Check your pulse first

- Before each dose, rest, then count your pulse for 1 full minute.
- Write down the number.
- **If your pulse is under 60, do not take the dose. Call your provider.**
- Your care team's limit, if different: _____.

Take it the right way

- Take digoxin once a day at the same time.
- **Never take 2 doses to make up for a missed one.** Ask your provider what to do.
- Take antacids (Tums, Maalox) at least 2 hours apart from digoxin.

Know the signs of too much digoxin

- Upset stomach, throwing up, or not feeling hungry
- Blurry vision, or seeing yellow-green colors or halos around lights
- Confusion or feeling very tired
- A slow or uneven pulse

Keep your potassium normal

- Low potassium makes digoxin more harmful. Water pills lower potassium.
- Take potassium pills if they are prescribed.

- Tell your provider about vomiting or diarrhea.

Keep your blood tests

- Blood tests check your digoxin level, potassium, and kidneys.
- On test days, ask whether to take your dose after the blood draw.
- Ask before any new medicine or supplement, including St. John's wort.

Call your provider today if you have

- A pulse under 60 or under your limit
- Nausea, vomiting, or loss of appetite
- Vision changes or new confusion
- Extra tablets taken but no symptoms: call Poison Control (1-800-222-1222 in the US) or the local poison center

Call 911 or your local emergency number if you have

- Fainting or nearly fainting
- A very slow or racing pulse with chest pain, dizziness, or trouble breathing
- Severe confusion
- Extra tablets taken and you feel sick

This handout supports, not replaces, advice from your own nurse or doctor.

Online: nclexpace.com/patient-education/digoxin-safety/patient

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