

Patient leaflet in accordance with the Pharmacists' Regulations (Preparations) - 1986

This medicine is dispensed with a doctor's prescription only

Digoxin - Kern Pharma 0.25 mg Tablets

Name and quantity of active ingredient: Each tablet contains 0.25 mg digoxin

Inactive ingredients and allergens: see the section 'Important information about some of this medicine's ingredients', and section 6 'Additional information'.

Read the entire leaflet carefully before you start using this medicine. This leaflet contains concise information about this medicine. If you have any further questions, consult your doctor or pharmacist.

This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if it seems to you that their medical condition is similar to yours.

1. What is this medicine intended for?

This medicine is intended to correct heart rhythm disorders and treat heart failure.

Therapeutic group: cardiac glycosides.

An arrhythmia is an irregularity in the heart-beat, which causes the heart to skip a beat, beat irregularly or beat at the wrong speed. This medicine works by correcting irregular heart-beats to a normal rhythm and strengthens the force of the heart-beat, which is why it is useful in cases of heart failure.

2. Before using this medicine

Do not use this medicine if:

- you are allergic to digoxin, other cardiac glycosides or any of the other ingredients of this medicine (listed in section 6).
- you have serious heart problems, such as problems with conduction of the electrical impulses in the heart, especially if you have a history of Stokes-Adams attacks (abrupt, short-lived loss of consciousness caused by a sudden change in heart rate or rhythm).
- you have an irregular heart-beat caused by cardiac glycoside intoxication or conditions such as Wolff-Parkinson-White syndrome.
- you have obstructive cardiomyopathy (enlargement of the heart muscle).

Special warnings about using this medicine

Before using this medicine, tell your doctor:

- if you are taking this medicine; your doctor may ask you to have regular blood tests to determine the amount of digoxin in your blood. These tests may be useful in the case of patients with kidney disorders.
- if you develop digoxin toxicity; this toxicity can lead to various forms of heart rhythm disturbances, some of which resemble the rhythm disturbances for which the product was prescribed.
- if you have abnormal heart rhythm (heart block) and you are taking this medicine; contact your doctor immediately if you feel one or more of the following symptoms: fainting, short-lasting loss of consciousness, dizziness or light-headedness, fatigue (tiredness), shortness of breath, chest pain, irregular heart-beat or confusion.
- if you have a sinoatrial disorder (a disorder in the conduction of electrical impulses in the heart such as Sick Sinus Syndrome); in some patients with a sinoatrial disorder this medicine can cause a slow and/or irregular heart-beat. Sometimes this will cause tiredness, weakness and dizziness and when your heart-beat is very slow you may faint.
- if you have recently suffered a heart attack.
- When heart failure occurs along with the collection of an abnormal protein in the heart tissue (cardiac amyloidosis), an alternative therapy may be prescribed by the doctor.
- if you have inflammation of the heart muscle (myocarditis); this may cause narrowing of the blood vessels (vasoconstriction) on rare occasions. Your doctor may prescribe you a different medicine.
- if you have Beri-beri disease (caused by a vitamin B1 deficiency).
- if you have constrictive pericarditis (inflammation of the sac which contains the heart).
- if you are taking diuretics (drugs which promote urine production and help reduce the amount of water in your body) with or without an ACE inhibitor (mainly used to treat high blood pressure); your doctor will prescribe a lower dose of the medicine. Do not stop taking digoxin without talking to your doctor.
- If you undergo a heart test called an ECG (electrocardiogram), tell the person doing the test that you are taking digoxin as it can affect the meaning of the results.
- if you have severe respiratory (lung) disease (as you may have an increased sensitivity to digoxin).
- if you have low levels of oxygen reaching certain parts of your body, low levels of potassium, abnormally low levels of magnesium or increased levels of calcium in your blood.
- if you have thyroid disease (such as an under-active or over-active thyroid) as you might require changes in the dose of this medicine.
- if you have malabsorption syndrome (you cannot absorb minerals from your food properly) or if you have ever had gastrointestinal reconstruction surgery.
- if you will receive electric shock treatment to correct an abnormal heart-beat.

Interactions with other medicines

If you are taking or have recently taken other medicines, including non-prescription medications and dietary supplements, tell your doctor or pharmacist. Taking several medicines together can sometimes have harmful consequences or lead to unwanted interactions.

Medicines which lower the level of potassium in the blood can increase sensitivity to digoxin. These include:

- diuretics
 - lithium salts (antidepressants)
 - corticosteroid based products
 - carbenoxolone (a product which strengthens the gastric mucosa).
- The following medicines increase the level of digoxin in the blood, which can increase the risk of toxicity:
- certain products which affect the heart: amiodarone, flecainide, prazosin, propafenone, quinidine
 - canagliflozin (used to treat type 2 diabetes mellitus)
 - certain antibiotics: erythromycin, clarithromycin, tetracycline, gentamicin, trimethoprim
 - daclatasvir (used in combination with other medicines to treat hepatitis C)
 - flibanserin (used to treat low sexual desire in women who have not gone through menopause)
 - isavuconazole (used to treat fungal infections)
 - itraconazole (used to treat fungal infections)
 - ivacaftor (used to treat cystic fibrosis)
 - spironolactone (a drug which increases the amount of urine you produce)
 - alprazolam (a sedative which may be used to treat anxiety)
 - indomethacin (used to treat inflammation)
 - quinine (may be used to prevent malaria infection)
 - propantheline (used to prevent muscle spasms)
 - mirabegron (used to treat overactive bladder that causes a sudden urge to urinate resulting in involuntary loss of urine)
 - nefazodone (an antidepressant)
 - atorvastatin (lowers blood cholesterol)
 - cyclosporine (an immunosuppressant often used to prevent transplant rejection)
 - epoprostenol (used to treat pulmonary arterial hypertension)
 - tolvaptan (used to treat low blood sodium levels)
 - conivaptan (used to treat low blood sodium levels)
 - carvedilol (used to treat mild to severe congestive heart failure and high blood pressure)
 - ritonavir (used to treat HIV infection and AIDS)
 - taleprevir (used to treat hepatitis C infection)
 - dronedarone (used to treat irregular rhythm)
 - ranolazine (used to treat chest pain)
 - simeprevir (used in combination with other medicines to treat hepatitis C)
 - telmisartan (used to treat high blood pressure)
 - lapatinib (used to treat breast cancer)
 - ticagrelor (used to prevent heart attack or stroke)
 - verapamil (used to treat high blood pressure)
 - felodipine (used to treat high blood pressure)
 - tiapamil (used to treat chest pain)
 - vandetanib (used to treat certain cancers of the thyroid gland)
 - velpatasvir (used in combination with other medications to treat hepatitis C)
 - P-glycoprotein inhibitors
 - venetoclax (used to treat patients with chronic lymphocytic leukaemia)
 - vemurafenib (used to treat adult patients with a type of cancer called melanoma)
 - proton pump inhibitors (PPIs) (used to relieve symptoms of acid reflux, or gastroesophageal reflux disease (GERD))

The following medicines may increase or have no effect on the levels of digoxin in the blood:

- nifedipine, diltiazem, angiotensin receptor blockers (ARBs) and ACE inhibitors (used to treat high blood pressure and congestive heart failure)
- non-steroidal anti-inflammatory drugs (NSAIDs) and cyclooxygenase-2 enzyme (COX-2) inhibitors (used to treat pain and inflammation)

If you have heart failure and are taking sennosides (medicines that increase the amount of stools your body produces to help improve bowel movements) along with digoxin you may have a moderately increased risk of digoxin toxicity.

The following medicines reduce the level of digoxin in the blood:

- antacids (used to treat gastric acidity)
- some bulk-forming laxatives (medicines that increase the amount of stools you produce to help improve your bowel movements)
- kaolin-pectin (used to treat diarrhoea)
- acarbose (used to treat some types of diabetes)
- certain antibiotics: neomycin, penicillamine, rifampicin
- some cytostatic drugs (used as chemotherapy for cancer treatment)
- metoclopramide (a product for treating nausea and vomiting)

- sulfasalazine (a product to counteract inflammatory diseases of the intestine)
- adrenaline (used to treat severe allergic reactions)
- salbutamol (a product used to treat asthma)
- colestyramine (lowers blood cholesterol)
- phenytoin (used to treat epilepsy)
- St. John's wort (*Hypericum perforatum*) (used to treat depression)
- bupropion (used to treat depression)
- P-glycoprotein inducers
- supplemental enteral nutrition (being fed by a feeding tube).

If you are taking digoxin along with the following medicines you may have an increased risk of irregular heart rhythm:

- intravenous calcium
- beta-blockers
- sympathomimetics (used to treat heart attack and low blood pressure)

If you are taking digoxin and suxamethonium (used to help muscle relaxation and treat short-term paralysis), you may have an increased risk of high potassium levels in the blood.

Using this medicine and food

This medicine may be taken on an empty stomach or with most meals. However, you should avoid taking digoxin with foods that are high in fibre, also known as 'dietary fibre', because they can reduce the level of digoxin absorbed by the body.

Pregnancy, breast-feeding, and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, consult your doctor or pharmacist before taking this medicine.

Pregnancy

Your doctor will prescribe this medicine with caution during pregnancy. You may require a higher dose of this medicine if you are pregnant.

This medicine could be given to the mother to treat abnormally high heart rate and congestive heart failure in the unborn child.

Side effects of digoxin treatment affecting the mother may also affect the unborn child.

Breast-feeding

This medicine is excreted in breast milk, but in very small amounts. Therefore, this medicine can be used by women who are breast-feeding.

Fertility

There is no information available on the effect of digoxin on fertility.

Driving and using machines

Some dizziness and blurred or yellow vision have been reported, you should exercise caution before driving a vehicle, using machinery or participating in dangerous activities.

Important information about some of this medicine's ingredients

This medicine contains lactose (a type of sugar). If you have been told by your doctor that you have an intolerance to some sugars, consult your doctor before taking this medicine.

3. How to use this medicine?

Always use this medicine according to your doctor's instructions. Check with your doctor or pharmacist if you are not sure about your dose or about how to take this medicine. Only your doctor will determine your dose and how you should take this medicine, depending on your information (age, weight, and kidney function) and on what heart problem you have. The doctor will consider dose adjustment (loading and maintenance) in old patients or in patients with low kidney function.

Treatment is usually given in two stages:

Loading dose: This dose is used to increase the level medicine in your blood quickly. You can do this by taking one large dose, and then immediately switching to the 'maintenance dose'. Or you can take a smaller dose for a week, and then switch to the maintenance dose.

Maintenance dose: After taking the loading dose, you take a much smaller dose that your doctor will decide on.

Dosage – only as prescribed by your doctor!

Do not exceed the recommended dose.

Taking this medicine

Swallow the medicine with water.

You may split the tablet but do not crush it.

If you have taken too much medicine or a child has swallowed some by accident, immediately see your doctor or go to a hospital emergency room and bring the medicine package with you. The main symptoms of digoxin toxicity are heart rhythm disturbances and gastrointestinal symptoms which may happen before the heart rhythm disturbances. Gastrointestinal symptoms include loss of appetite, nausea and vomiting. Other symptoms of digoxin - toxicity include dizziness, fatigue, a general feeling of being unwell and various neurological disturbances including visual disturbances (more yellow-green than usual). The neurological and visual symptoms may persist even after other signs of toxicity have disappeared. In chronic toxicity, non-heart related symptoms, such as weakness and a general feeling of being unwell, may be the main symptoms.

If you forget to use this medicine

Do not take a double dose to make up for the forgotten dose.

Even if your health improves, do not stop taking this medicine without consulting your doctor.

Adhere to the treatment as recommended by your doctor.

If you stop using this medicine

Your doctor will tell you how long you should take digoxin. Do not stop your treatment too early without consulting your doctor.

Do not take medicines in the dark! Check the label and dose every time you take medicine. Wear glasses if you need them. If you have any further questions about using this medicine, consult your doctor or pharmacist.

4. Side effects

Like with all medicines, using digoxin may cause side effects in some users. Do not be alarmed by this list of side effects; you may not experience any of them.

If you get any of the following signs, talk to a specialist doctor straight away or go to the emergency room:

Very rare side effects (may affect up to 1 in 10,000 people)

- palpitations, chest pain, shortness of breath or sweating. These can be symptoms of a serious heart problem caused by a new heart rhythm disturbance.

Additional side effects:

Common side effects (may affect up to 1 in 10 people)

- allergic reactions of the skin may occur (rash, urticaria [hives])
- abnormal heart-beat
- nausea, vomiting, diarrhoea
- central nervous system disturbances such as dizziness
- visual disturbances (blurred or yellow vision)

Uncommon side effects (may affect up to 1 in 100 people)

- depression

Very rare side effects (may affect up to 1 in 10,000 people)

- decrease in blood platelets (symptoms include bruises and nose bleeds)
- loss of appetite (anorexia)
- psychosis, apathy, confusion
- headache
- stomach pain caused by lack of blood supply or damage to your intestines (ischaemia or necrosis)
- enlarged breast tissue in men (gynaecomastia)
- lack of energy (fatigue), a general feeling of being unwell and weakness.

If you experience any side effect, if any side effect gets worse, or if you experience a side effect not mentioned in this leaflet, consult your doctor.

Reporting side effects

You can report side effects to the Ministry of Health by following the link 'Reporting Side Effects of Drug Treatment' on the Ministry of Health home page (www.health.gov.il) which links to an online form for reporting side effects. You can also use this link:

<https://sideeffects.health.gov.il>

You may also report by email to safety@trima.co.il

5. How to store the medicine?

- Prevent poisoning! To prevent poisoning, keep this and all other medicines in a closed place, out of the reach and sight of children and/or infants. Do not induce vomiting unless explicitly instructed to do so by a doctor.
- Do not use the medicine after the expiry date (exp. date) which is stated on the package/blister tray. The expiry date refers to the last day of that month.

Storage conditions

- Store below 30°C.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Additional information

In addition to the active ingredient, this medicine also contains: lactose monohydrate, maize starch, hydrolysed maize starch, magnesium stearate.

Each tablet contains 95.52 mg lactose monohydrate.

What the medicine looks like and contents of the pack

White, round, biconvex tablet with a score line on both sides, in packs of 50 tablets, in blister trays.

Manufacturer's name and address:

Kern Pharma S.L., Poligono Industrial Colon II, Venus 72, 08228 Terrassa (Barcelona), Spain.

Registration holder's name and address: Trima Israel Pharmaceutical Products Maabarot Ltd., Maabarot 4023000, Israel.

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Registration number of the medicine in the Ministry of Health's National Drug Registry: 151.20.33918.00

Maabarot 4023000
Israel Pharmaceutical Products
Maabarot Ltd.

