



## Motion Sickness

Common condition provoked by transportation or visual motion even simulated motion can cause a disconnect between what your sense of position tell you vs. what your eyes tell you.

Characterized by nausea and usually vomiting, possibly accompanied by other symptoms such as dizziness, pale, flushing and headache.

Controlled breathing is helpful during episodes.

Treatment	Information
Scopolamine Patches	Topical patches applied 4 hours before needed, then replace patch every 3 days behind the ear. Can cause increased eye pressure, glaucoma, psychosis, seizures, heat stroke, drowsiness, dry mouth and eyes, constipation, urinary retention, agitation, blurred vision, light sensitivity, disorientation, rash and withdrawal symptoms.
Meclizine	Less drowsy, also used for vertigo. 25mg take 1-2 tablets ( up to 50mg ) an hour before travel and then daily for motion sickness. For vertigo/spinning can take 25mg three times a day. Can cause drowsiness, constipation, heart palpitations, blurred vision and impaired coordination.
Dramamine	Same as Meclizine. Multiple otc names usually stating motion sickness on the label.
Ginger Root	1-2 grams a day available at vitamin stores. Usually start with 1 gram an hour or two before you travel, then 250-500mg three times a day. May rarely cause upset stomach, belching, or even nausea if taken at too high a dose or overdose. Otherwise well tolerated.

### How to avoid

- Sit in the front seat of a car or near the wings when you fly in an airplane.
- Try not to move your head. Keep your head still by pressing it into a headrest.
- On a boat, get a cabin near the middle of the ship. Go outside often to get fresh air.
- When in a car, boat, or airplane, look at one place on the horizon.
- Do not read or watch TV in a moving vehicle.
- Do not drink alcohol or eat a big meal before traveling.
- Eat small meals during long trips.
- Try a few soda crackers and a carbonated drink if you feel ill.