

Motion Sickness



Why are you getting this medication?

You are receiving this medication to help prevent or treat motion sickness.

What is motion sickness?

Motion sickness happens when your brain receives conflicting signals from your eyes, inner ears, and body during travel (e.g., on a boat, in a car, or on a plane). Symptoms include nausea, vomiting, dizziness, sweating, and general discomfort.

How do you treat or prevent motion sickness?

A number of over-the-counter and prescription medications are available to prevent and treat motion sickness. These medications work best when taken before symptoms start, so taking them prior to times motion sickness may occur is important. The pharmacist will provide education on how best to take the medication you are prescribed.

These medications can also cause dry mouth, blurred vision, and in some cases drowsiness. Overall, medications used for motion sickness should be avoided with alcohol and other medications that cause drowsiness. Be sure to tell your pharmacist about all other medications you are taking.

What else can you do to prevent motion sickness?

- Sit in areas where motion is least felt. This is often the front of a car or the middle of a boat.
- Try to keep your eyes on a fixed point in the distance, and avoid reading or looking at screens, such as your phone.
- Get fresh air, and practice slow, steady breathing.
- Avoid heavy meals, alcohol, and smoking before activities that may cause motion sickness.
- Some people find ginger supplements and acupressure wristbands to be helpful. These have limited scientific evidence, but are safe to use alongside other motion sickness medications if you choose.

When to call the pharmacy?

Call the pharmacy if you experience significant side effects such as confusion, difficulty urinating, severe dry mouth, difficulty staying awake, or any other concerning side effects. You can also contact the pharmacy if you find the originally prescribed medication ineffective.