

MOTION SICKNESS

Pharmacy Assessment Protocol

ELIGIBILITY FOR SERVICE

Anyone with the following symptoms and/or circumstances are eligible for pharmacy prescribing of medication to prevent motion sickness:

- Previously reported signs and symptoms of motion sickness: N/V, dizziness, sweating, blurred vision, GI discomfort, salivation, drowsiness, etc. Appearing upon exposure to motion: car travel, air travel, boat or cruise, or train travel
- Planned travel that is known to cause motion sickness: car travel, air travel, boat or cruise, or train travel

Those presenting with the following symptoms and/or circumstances should be referred for further medical evaluation:

- Diagnosis of vertigo, or presenting with “room-spinning” sensation independent of motion
- Signs and symptoms occur when patient is not in motion
- Signs and symptoms persist for more than 24 hours after motion ends
- Patient presents with other symptoms including: fever, syncope, severe headache, tinnitus, or bloody vomit
- Contraindications to specific treatments

PRESCRIBING

The pharmacist shall identify any precautions or contraindications to therapy and then prescribe the most appropriate treatment:

Adults		
Medication	Dose	Frequency
Dimenhydrinate (Dramamine) Tablet – OTC	50-100 mg	Take 1-2 tablets orally 30-60 minutes prior to activity; may repeat every 4-6 hours as needed. MAX 8 tablets/24 hours
Diphenhydramine Tablet – OTC	25-50 mg	Take 1-2 tablets orally 3 or 4 times daily. For prophylactic use, give the first dose 30 minutes before exposure to motion and similar doses before meals and upon retiring for the duration of the exposure
Meclizine Tablet – OTC/RX	25-50 mg	Take 1-2 tablets orally 1 hour before departure; may repeat at 24-hour intervals as necessary
Scopolamine Patch	1 mg	Apply 1 transdermal system to the hairless area behind the ear at least 4 hours before antiemetic effect is needed for. Use for up to 3 days; if longer therapy is required, remove the first transdermal system and apply a new one behind the other ear. - Each patch delivers approximately 1 mg over 3 days.
Promethazine Tablet	25 mg	Take 1 tablet orally twice daily starting 30 minutes to an hour prior to travel; may repeat 8 to 12 hours later if needed. On succeeding travel days, administer 25 mg on arising and before the evening meal.

Children (Age <12)		
Medication	Dose	Frequency
Dimenhydrinate (Dramamine) Tablet – OTC	Age 2-6 years: 25 mg ----- -----	Take 0.5 tablet by mouth 30-60 minutes prior to activity, may repeat every 6-8 hours PRN. Max 1.5 tablets/day. -----
	Age 6-12 years: 25 mg to 50 mg	Take 0.5-1 tablet by mouth 30-60 minutes prior to activity, may repeat every 6-8 hours PRN. Max of 3 tablets/day.
Dimenhydrinate (Dramamine) <u>Chewable tablet</u> - OTC	Age 2-6 years: 12.5 mg to 25 mg ----- -----	Chew 0.5-1 tablet by mouth 30-60 minutes prior to activity, may repeat every 6-8 hours PRN. Max of 3 tablets/day. -----
	Age 6-12 years: 25 mg to 50 mg	Chew 1-2 tablets by mouth 30-60 minutes prior to activity, may repeat every 6-8 hours PRN. Max 6 tablets/day.
Diphenhydramine - OTC	12.5 mg to 25 mg	Take 12.5 mg to 25 mg by mouth 30 minutes prior to activity, may repeat every 6-8 hours PRN. Max dose 300 mg/day.

FOLLOW-UP

The patient should be instructed to contact the pharmacy if they experience a severe reaction, unwanted side effects, or do not experience the efficacy desired. If a prescription is provided and the patient has a PCP identified, their PCP will be notified within three business days following the patient encounter.

CDC Yellow Book 2026: Health Information for International Travel. Atlanta (GA): Centers for Disease Control and Prevention; 2025.

Oregon Board of Pharmacy. Travel Medications Statewide Drug Therapy Management Protocol. Portland (OR): Oregon Board of Pharmacy; 2020.

Zhang LL, et al. Motion sickness: Current knowledge and recent advance. CNS Neurosci Ther. 2016;22(1):15-24.

Cha YH et al. Motion sickness diagnostic criteria: Consensus document of the Classification Committee of the Bárány Society. J Vestib Res. 2021;31(5):327-344.

Brainard A, Gresham C. Prevention and treatment of motion sickness. Am Fam Physician. 2014 Jul 1;90(1):41-46.