Motion Sickness

What is it?

> Nausea caused by motion.

Symptoms:

- Fatigue
- Cold sweats
- Headache
- Irritability
- Pale skin
- Rapid breathing
- Dizziness
- Vomiting
- Nausea

Plan of Action:

Usually quiets down as soon as the motion stops. The more you travel, the more easily you'll adjust to being in motion.

If you're susceptible to motion sickness:

- **Focus on the horizon** or on a distant, stationary object. Don't read or use electronic devices while traveling.
- **Keep your head still,** while resting against a seat back.
- **Don't smoke** and don't sit near smokers.
- **Avoid strong odors,** spicy and greasy foods, and alcohol.
- **Take an antihistamine,** which you can buy without a prescription. Medicines include dimenhydrinate (Dramamine, Driminate, others) and meclizine (Dramamine Less Drowsy, Travel-Ease, others). Take these medicines at least 30 to 60 minutes before you travel. Expect drowsiness as a side effect.
- **Consider scopolamine,** available in a prescription adhesive patch called Transderm Scop. Several hours before you plan to travel, apply the patch behind your ear for 72-hour protection. Talk to your health care provider before using the medicine if you have health problems such as glaucoma or urine retention.
- **Try ginger.** A ginger supplement combined with ginger snaps, ginger ale, or candied ginger might help curb nausea.
- **Eat lightly.** Some people find that nibbling on plain crackers and sipping cold water or a carbonated drink without caffeine help.

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