

Motion Sickness



Prevention and treatment
of motion sickness

Motion Sickness

What is motion sickness?

Motion sickness is caused by the mixed signals sent to the brain by the eyes and inner ear. This may happen in some people travelling in a car, plane or boat. For example, the body may sense a bump on the road but the eyes do not see the bump. This can cause motion sickness. The symptoms usually get better once the movement stops.

What are the common symptoms?

- » Nausea
- » Vomiting
- » Dizziness
- » Headache
- » Cold sweat

Medicines to treat or prevent motion sickness

| Medicines | Who can take? | When to take? | How often can you take it? |
|--------------------------|--|------------------------------------|-------------------------------|
| Cinnarizine [^] | » Children above 5 years old » Adults | 2 hours before the start of travel | 3 times a day (every 8 hours) |

| Medicines | Who can take? | When to take? | How often can you take it? |
|-----------------------------|--|---|--------------------------------|
| Dimenhydrinate [^] | » Children above 2 years old » Adults | 30 minutes before the start of travel | 3 times a day (every 8 hours) |
| Promethazine [^] | » Children above 2 years old » Adults | 30 minutes to 1 hour before the start of travel | 2 times a day (every 12 hours) |

[^] Pharmacy-only medicines that can only be bought after consultation with a pharmacist.

These medicines can be taken with or after food and they may cause drowsiness.

Scan the QR code to find out more about

- Tips to prevent motion sickness
- Management of motion sickness symptoms
- Treatment and management of motion sickness in children
- Common side effects of the medicines

