

MOTION SICKNESS

“When what you feel and what you see don’t agree”

Motion sickness can occur in anyone traveling on air, water or ground transportation in many parts of the underdeveloped world where travel can be quite rough.

SYMPTOMS:

- Feeling “unwell”
- Pale
- Cold sweats
- Nausea/vomiting
- Increased salivation
- Frequent yawning
- Fatigue
- Dizziness
- Clammy skin
- Headache
- Decreased concentration

SYMPTOMS INCREASE WITH:

- Alcohol consumption
- Fatty foods
- Fatigue
- Sleep deprivation
- Reading in a moving vehicle
- Focusing on nearby objects

SYMPTOMS DECREASE BY:

- Looking out to a distant location/horizon
- Asking for seats over the wing if flying (right wing less symptoms than left wing because frequent banking of plane to left)
- Use a neck cushion
- Resting, remaining still
- Avoid reading and alcohol
- Stay well hydrated
- Wear dark glasses to decrease visual stimulation
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TREATMENT:

Antihistamine – i.e. Dramamine (dimenhydrinate) or Dramamine II (meclizine)

- Side effects: drowsiness
- Take 30 minutes before symptoms so nausea/vomiting doesn’t affect ability to keep in stomach. Also, they work best when used before symptoms start
- Don’t drive
- Prescription medicines available also (see Primary Care Provider) if you have a history of severe symptoms
- Wrist bands – work through acupressure

