Motion Sickness
Sea Sickness

Motion sickness is an unpleasant temporary feeling that occurs while traveling. The motion causes fluid changes in your inner ear. It makes you feel sick to your stomach (*nausea*). This is the sudden illness that people get while riding on a roller coaster or other carnival rides. Most people improve rapidly after the motion stops. Stress, other illnesses, or drinking too much alcohol may add to motion sickness. Sometimes motion sickness can last for up to a day without treatment.

HOME CARE INSTRUCTIONS

Medications Available

- For motion sickness, you may use over-the-counter medications. These medications include: diphenhydramine (Benadryl®), or meclizine (Antivert® or Dramamine®). Follow the instructions on the package or use as directed by your caregiver.
- Your caregiver can prescribe Transderm V® patches. These patches are placed behind your ear. They are often helpful. If Transderm V® patches are prescribed, be sure to **wash your hands** following application. Touching your hands to your eyes after using the patch can enlarge (*dilate*) your pupils for one to two days. This makes vision difficult, if not impossible.

To prevent attacks, the following suggestions may help:

- Do not eat large meals or drink alcohol before or during travel.
- Take sips of liquids often.
- Sit in an area of the plane (near the wing) or boat with the least motion. Lie back in your seat, if possible.
- Remove yourself from the situation causing the motion sickness if possible.
- Breathe slowly and deeply.
- Do not read or watch the line where the sky meets the land (*horizon*), especially if the water or air is rough. However, watching a stable horizon is occasionally helpful. This is only helpful when the horizon is constant and does not appear to be moving.
- Avoid areas where people are smoking, if possible.
- When riding in a car, try to avoid sitting in the back seat.
- Plan ahead for vacations. Your caregiver can help you with a prescription or suggestions.

SEEK MEDICAL CARE IF:

- You notice weight loss.
- You notice blood in the vomit. This could be dark red or look like coffee ground material.
- You faint, have a fever, or have any other serious complaints.

Medications for morning sickness should only be taken as prescribed by your caregiver.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 12/18/2006 Document Re-Released: 11/30/2009
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