**The Spin on Motion Sickness**

Are there some activities that you wish you could do, but can’t or don’t because of the risk of motion sickness? Sea-sickness, car-sickness and air-sickness are all forms of motion sickness, which some people develop when they perform certain activities like reading in a moving car, sailing or takeoff and landing.

“Motion sickness is be caused by the body sensing new positions or movement to which it has not become adjusted or, based on past experience, it is not expecting” said Dr. Myles Druckman, Senior VP of Medical Services for International SOS. “The symptoms of motion sickness can be fairly uncomfortable, and can include dizziness, nausea, cold sweats and even vomiting.”

**The root cause**

Motion sickness can become serious if sustained vomiting leads to dehydration and/or electrolyte imbalance.

There are simple things you can do to help avoid motion sickness:

* Select seating where movement is minimized including: the front seat of a car, in the center of ship, forward cars of trains and seats over the wings in airplanes;
* Try focusing on distant objects and reduce head movement;
* Lay on your back if necessary;
* Some medications are available to help alleviate the discomfort.

**Medication can help**

There are some medications out there to help with this problem. However, many of these drugs are to only be used by adults, including *Scopolamine (including “patch” form), Promethazine and* *Meclizine.*

There are also some medicines which can be used by adults and children, including *Dimenhydrinate and Diphenhydramine.*

“All motion sickness medications should be taken an hour before it will be needed in order for it to work effectively,” said Dr. Druckman. “But there can be side effects and it’s always a good idea to check with your doctor to make sure medications will not cause an interaction.”

**Use caution**

Most motion sickness medications can make you drowsy and reduce coordination. This is made worse with alcohol, so you should not drink when taking these medications. It is important not to operate machinery (including driving a car) when taking these medications.

There are certain medical conditions that preclude the use of these medications. If you have asthma, cardiac arrhythmias, gastrointestinal or bladder neck obstruction, narrow-angle glaucoma or liver or kidney disease, consult your health care provider before taking any of these medications.

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