



Self-care Information

Motion Sickness

Tips on how you can self-manage motion sickness

“Supporting you to look after you & your family”

Key Points:

- Sitting in the front seat of the car and looking straight ahead can help.
- Distract children by talking or singing.
- Get some fresh air by opening a window.
- Try eating ginger biscuits or drinking ginger tea.

Speak to your local pharmacy for advice on over the counter medicines.

What is motion sickness?

Motion sickness (travel sickness) is caused by repeated movements when you are travelling e.g. going over bumps in a car or moving up and down in a boat, plane or train.

The inner ear sends different signals to your brain from those your eyes are seeing. These confusing messages cause you to feel unwell. Symptoms include dizziness, feeling or being sick, headache, feeling cold and going pale, sweating.

What can be done to help with motion sickness?

Your local community pharmacy can help with motion sickness

- Prescriptions are not routinely provided for treating motion sickness, but you can buy medicines for adults and children to help with the symptoms.

Tablets – there are many different brands available on the market, dissolvable and chewable tablets are available for children.

Patches – can be used by adults and children over 10 years old.

Acupressure bands – these don't work for everyone, but you may wish to try them.

- **Ask your pharmacist which treatment to buy for a child as some treatments are not suitable for younger children.**

You could try...

- ✓ Minimise motion – sit in the front of a car or in the middle of a boat.
- ✓ Look straight ahead at a fixed point, such as the horizon.
- ✓ Breathe fresh air if possible – for example, by opening a car window.
- ✓ Close your eyes and breathe slowly while focusing on your breathing.
- ✓ Distract children by talking, listening to music or singing songs.
- ✓ Break up long journeys to get some fresh air, drink water or take a walk.
- ✓ Try ginger, which you can take as a tablet, biscuit or tea.



Try not to...

- ✗ Read, watch films or use electronic devices in the car.
- ✗ Look at moving objects, such as passing cars or rolling waves.
- ✗ Eat heavy meals, spicy foods or drink alcohol shortly before or during travel.
- ✗ Go on fairground rides if they make you feel unwell.



See your GP if:

- You are pregnant or breastfeeding.

Here are some links to further information:

Look at the NHS Website: <https://www.nhs.uk/conditions/motion-sickness/>

For a Patient Website: <https://patient.info/travel-and-vaccinations/health-advice-for-travel-abroad/motion-travel-sickness>



For more advice visit your local pharmacy.

Created by: NHS Nottingham and Nottinghamshire ICB Medicines Optimisation team in partnership with My Life Choices.

For more information about My Life Choices, see their [webpage on the Nottingham and Nottinghamshire ICB website](#). V1.0

