Rationale
• Mild motion sickness can be treated by various self-care measures (e.g. stare at a fixed object, fresh air, listen to music etc.)
• More severe motion sickness can be treated with over the counter medicines.

Recommendations for clinicians
• Provide the patient with a ‘non-prescription’ sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate.
• Advise patients of safe and effective self-care measures:
  ➢ Avoid eating heavy meals before travelling.
  ➢ On long journeys, try breaking the journey to have some fresh air, drink some cold water and, if possible, take a short walk.
  ➢ Breathe fresh air if possible. For example, open a car window.
  ➢ Avoid strong smells, particularly petrol and diesel fumes. This may mean closing the window and turning on the air conditioning, or avoiding the engine area in a boat.
  ➢ Close your eyes (and keep them closed for the whole journey). This reduces ‘positional’ signals from your eyes to your brain and reduces the confusion.
  ➢ Do not try to read or watch a film.
  ➢ Try listening to an audio book with your eyes closed.

Example of products available to buy over the counter*

<table>
<thead>
<tr>
<th>Product</th>
<th>Note</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinnarizine</td>
<td>Not licensed under the age of 5 years</td>
<td>~£3.50 for 15 tablets</td>
</tr>
<tr>
<td>Hyoscine</td>
<td>Not licensed for under 3 years</td>
<td>~£2.64 for 20 tablets</td>
</tr>
</tbody>
</table>


*Prices correct at time of writing and are subject to change