



## Motion Sickness

### What is motion sickness?

Motion sickness is when your child gets dizzy and nauseated while riding in the car, a boat, train, airplane, or on amusement park rides. Motion sickness is common, especially in young children. The problem is due to an inherited sensitivity of the equilibrium center located in the semicircular canals (inner ear). It is not related to emotional problems.

### What is the treatment?

- **Treatment for the nausea** Have your child lie down and keep a vomiting pan handy. Give him only sips of clear fluids until his stomach settles down. If your child goes to sleep, let him sleep. Usually, children don't vomit more than once, and all symptoms disappear in about 4 hours.
- **Prevention of motion sickness with anti-nausea medicine** The best treatment for motion sickness is prevention. Buy some nonprescription Dramamine at your drugstore. Dramamine comes in 50-mg tablets and a 15-mg/teaspoon liquid. The dosage is 1 teaspoon of liquid Dramamine for children 2 to 6 years old, 1 tablet for children 6 to 12 years old, and 2 tablets for children over 12 years. Give the Dramamine 1 hour before traveling or going to an amusement park. The tablets give 6 hours of protection and are very helpful. Also, consider buying an acupuncture wristband. This may help your child during car, plane, or boat trips.
- **Prevention and types of travel**
  - Car trips: It will help if your child looks out the window. Do not look down at books or games in car. After age 12, children can sit in the front seat.
  - Sea travel: Avoid it when practical. Otherwise, stay on deck and look at the horizon.
  - Air travel: Select a seat near the wings.
  - Amusement parks: Avoid rides that spin.
  - Meals: Eat light meals before or during trips.

\*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.