



## Do I suffer from Motion Sickness?

Could it be motion sickness that's upsetting your travel—and your life? Motion sickness is a real health issue that can be very disruptive, so talk with your doctor about the preventive solution that may be right for you.

- Give your doctor a specific example of a time when you missed out on a special event due to motion sickness brought on by traveling in a car, airplane, train, boat, etc.
- Tell your doctor what symptoms you feel, such as nausea, dizziness, vomiting or headache
- Discuss how motion sickness interferes with your life

The questions below can help you get ready to talk about motion sickness with your doctor. Just complete the following statements and bring it to your next appointment.

### I sometimes feel ill when using these forms of transportation:

Car  Airplane  Train  Boat  Bus  Other \_\_\_\_\_

### The travel symptoms I suffer from are:\*\*

Nausea  Vomiting  Dizziness  Headache  Weakness  Irritability  Other \_\_\_\_\_

### The medications I have tried to relieve my motion sickness are:

Drug store medicines like Dramamine®\* and Bonine®\*  Prescription medicines  Other treatments or solutions

**These medications have helped me:**  A lot  Somewhat  Not very much

**I have experienced unwanted side effects with these medications, such as drowsiness:**  Yes  No

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\*\* This is not a complete list of symptoms associated with motion sickness. For more information, please speak to your doctor.

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