

PS SEASICK MEDS DOSAGES, SIDE EFFECTS, AND EFFECTIVENESS

| | MEDICATION (Generic) | DOSAGE: RECOMMENDED ADULT / KIDS* | TIME TO TAKE EFFECT/ EFFECTIVENESS DURATION | MOST COMMON SIDE EFFECTS | MEDICATION TARGETS** |
|------------------------|--|--|--|--|---------------------------------|
| ANTI-HISTAMINES | BONINE (Meclizine) Also called: Antivert, Postafen, Dramamine II | 25-50 mg every 24 hrs. as needed (do not exceed 100 mg in 24 hrs.) / Safety not established for kids | 2 hrs. / 6-12 hrs. | Drowsiness, dry mouth, headache, blurred vision, restlessness, constipation | Mild seasickness |
| | DRAMAMINE (Dimenhydrinate) Also called: Driminate, Vomisin | 50-100 mg every 4-6 hrs as needed; do not exceed 400 mg in 24 hrs. / 25-50 mg every 6-8 hrs as needed; do not exceed 150 mg in 24 hrs. | 1-2 hrs. / 6-8 hrs. | Drowsiness, dry mouth, restlessness, blurred vision, irregular heartbeat, difficulty urinating, increased sun sensitivity, excitability (kids) | Moderate seasickness |
| | MAREZINE (Cyclizine) Also called: Marezine | 50 mg every 4-6 hours as needed; do not exceed 200 mg in 24 hrs. / 25 mg every 6-8 hours as needed | 1-2 hrs. / 4-6 hrs. | Drowsiness, blurred or double vision, headache, dry mouth | Mild seasickness |
| | PHENERGAN (Promethazine) | 25 mg every 24 hours as needed / Half adult dosage | 1.5-2 hrs. / 24-30 hrs. | Drowsiness, headache, dry mouth, blurred vision, dizziness, confusion, sun sensitivity | Moderate to severe seasickness |
| | STUGERON (Cinnizarine) | 25-30 mg, then 12.5-15 mg every 8 hrs as needed; do not exceed 100 mg in 24 hrs / Half adult dosage | 2-5 hrs. / 6-8 hrs. | Drowsiness, abdominal pain, headache, lassitude, dry mouth, sweating | Mild to severe seasickness |
| SCOPO LAMINES | TRANSDERM SCOP(OLAMINE) (Hyoscine) | One transderm patch will release about 1 mg scopolamine over 3 days (do not tear patch in half) / Not safe for kids | 6-8 hrs. / 72 hrs. | Dry mouth, dizziness, drowsiness, blurred vision, dilated eyes, disorientation, hallucinations, difficulty urinating, rash | Moderate to severe seasickness |
| | SCOPACE (Hyoscine) | 0.4 mg-0.8 mg every 8 hrs; do not exceed 2.4 mg in 24 hr / Safety not established for kids | 0.5-1 hrs. / 4-6 hrs. | Dry mouth, drowsiness, blurred vision, dilated eyes disorientation, confusion, hallucinations, difficulty urinating | Severe seasickness |

* Check dosages with your doctor or the product label before taking any medication ** From a study for the Public Health Agency of Canada by the Committee to Advise on Tropical Medicine and Travel (CATMAT) titled "Statement on Motion Sickness" (www.phac-aspc.gc.ca/publicat/ccdr-rmtc/96vol22/dr2213ea.html)