

COMPARISON CHART FOR TREATMENT OF MOTION SICKNESS ©

COMMON AGENTS	PREVENT/TREAT	AGE	MECHANISM OF ACTION	EFFECTIVENESS	SIDE EFFECTS *	SAFETY	COST
Antivert Antrizine Bonine (Meclizine)	Both	Child >12 Adult	Anti-histamine	Moderate	CNS, CV, EENT, GI, GU, SK,	Fair	Low to Mod
Benedryl (Diphenhydramine)	Both	Child >2 Adult	Anti-histamine	Poor	CNS, CV, EENT, GI, GU, SK, BL	Fair	Low to Mod
Phenergan Anergan (Promethazine)	Both	Child >2 Adult	Anti-histamine	Moderate	CNS, CV, EENT, GI, GU, SK, BL PUL	Fair	Low to Mod
Drama-Mine (Dimenhydrinate)	Both	Child >2 Adult	Anti-cholinergic	Moderate	CNS, CV, EENT, GI, GU, SK, BL	Fair	Low to Mod
Transdermscope (Scopolamine)	Both	Adult	Anti-cholinergic	Moderate to Good	CNS, CV, EENT, GI, SK, GU	Poor to Fair	Moderate to High
Ginger	Both Claimed	Child Adult	Unknown	Unknown	Personal sensitivity	Unknown	Low
Bio/Wrist Bands	Both	Child Adult	Acupressure Proper placement essential !	Poor to Moderate	Personal sensitivity to materials	Good	Low
Relief Band	Both	Child Adult	Acu- stimulation Proper placement essential !	Poor to Good	Personal sensitivity to paste or materials	Good	High
Gradual exposure to cause	Prevent	Child Adult	Habituation	Moderate to Excellent	None known	Activity linked	Activity linked
Acceleration & visual devices	Prevent	Child Adult	Habituation	Moderate to Excellent	None known	Excellent	Moderate to High
Puma Method Exercises	Prevent	Child Adult	Habituation	Excellent	None known	Excellent	Moderate (Single Purchase)

*EXPLANATION OF ABBREVIATIONS

Side effects listed here may occur alone, in combination with other side effects or may not occur at all. This list may not include all reported side effects and does not include contraindicated medical conditions.

Your best source of information is your family physician.

- CNS---Effects on central nervous system
- | | |
|----------------|-----------------------|
| Drowsiness | Degraded coordination |
| Tiredness | Headache |
| Excitability | Irritability |
| Hallucinations | Delusions |
| Anxiety | Confusion |
| Euphoria | Restlessness |
- CV---Effects on cardio-vascular system
- | | | |
|--------------------|---------------------|---------------|
| Palpitations | Extra beats | Skipped beats |
| Slow pulse rate | High pulse rate | |
| Low blood pressure | High blood pressure | |
- EENT---Effects on eyes ears nose and throat
- | | |
|-----------------|-----------------------|
| Blurred vision | Dilated pupils |
| Double vision | Light sensitivity |
| Dry throat | Difficulty swallowing |
| Dry nose | Nasal stuffiness |
| Ringing in ears | |
- GI---Effects on gastro-intestinal system
- | | |
|-----------|----------------|
| Anorexia | Abdominal pain |
| Diarrhea | Constipation |
| Nausea | Vomiting |
| Dry mouth | |
- GU---Effects on genito-urinary system
- | | | |
|---------------------|-------------------------|-----------|
| Hesitancy | Difficult urination | |
| Retention | Painful urination | Frequency |
| Impotence | Male breast enlargement | |
| Female missed cycle | | |
- SK---Effects on skin
- | | |
|----------|--------------------|
| Rash | Itch |
| Flushing | Decreased sweating |
| Jaundice | Light sensitivity |
- BL---Effects on blood
- Anemia
 - Bone marrow suppression
 - Decreased clotting
- PUL---Effects on pulmonary system
- Asthma like symptoms
 - Chest tightness
 - Wheezing
 - Thickened secretions
 - Coughing
 - Decreased breathing rate