

Ways to deal with travel sickness

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If you suffer from motion sickness, the first thing you need to do is ask your pharmacist about a motion sickness tablet suitable for long journeys — and be sure to take them two hours before you set off. Also, avoid smoking and drinking before you travel as it can aggravate travel sickness. Antisickness tablets containing an antihistamine and hyoscine may also help but can make you drowsy or blur your vision. When sitting in the car, sit in the passenger seat in the front or drive if you can. It also helps to look at the horizon to reduce the messages from your eyes to your brain and the movements you feel.

Try to keep your breathing regular and rhythmic, as deep breathing can stop you from vomiting. Don't move your head too much during the drive.

You can also build up your tolerance for long journeys step by step, by going on longer and longer trips to accustom yourself to the