

# Sea, Travel Sickness Stick and Capsules

## Products

- Scopolamine Topical Stick, 2mg/g, 5 grams
- Scopolamine Capsules, 200mcg, 20 capsules (each capsule also contains Caffeine 100mg, Chlorpheniramine 2mg)

## Actives

- **Scopolamine:** Scientists believe that scopolamine prevents communication between the nerves of the vestibule and the vomiting centre in the brain by blocking the action of acetylcholine (anticholinergic effect). Scopolamine also may work directly on the vomiting centre.<sup>1</sup>
- **Caffeine:** Is used to counteract the sedative side effects of the other two ingredients.<sup>2</sup>
- **Chlorpheniramine:** It is an anticholinergic antihistamine. It also is effective against nausea and motion sickness, with its primary mechanism of action being its ability to reduce acetylcholine levels in the brain. Acetylcholine is a neurotransmitter.<sup>3</sup>

## Dosage

For patient use 12 years and above. We do not have any current data on product use under 12 years of age.

**Topical Stick** – Apply the stick behind the ear or to the inner wrist. When applying the stick, the area should cover a 20cent sized coin and leave a slight mark. Rub the stick on the area with medium pressure in 2 full circles. Do this at last 60min prior to travel. Dose may be repeated if required 8-12 hours later.

**Oral Capsule** – Take ONE capsule orally, with water, at last 60min prior to travel. Dose may be repeated if required 8-12 hours later.

## Counselling points

1. If wrists are rubbed vigorously together immediately after application, you will dose dump and get a hit faster.

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<sup>1</sup> <https://www.medicinenet.com/scopolamine/article.htm>

<sup>2</sup> <https://www.myvmc.com/drugs/travacalm-original/>

<sup>3</sup> <https://content.iospress.com/articles/journal-of-vestibular-research/ves00174>



2. If patient experiences side effects with the stick, apply less next time. I.e. go from a 20 cent size to 10 cent size area.
3. Keep stick in fridge not for denaturing but for melting of the stick.

## Pregnancy & Breastfeeding

- Scopolamine is a category C and is known to cross the placenta. Therefore, we suggest caution & use is not recommended for pregnant women.<sup>4</sup>
- Scopolamine crosses into breast milk so it is recommended not to be used by breastfeeding mothers.

## Side Effects

You should be aware that all medicines carry some risks and that all possible risks may not be known at this stage despite thorough testing. Ask for the advice of your doctor or pharmacist if you have any concerns about the effects of taking this medicine.

Many of the side effects listed for Scopolamine are due to its anticholinergic properties. If side effects occur, they are usually mild when Scopolamine is used at the recommended dose, and may disappear when you have stopped taking

Scopolamine capsules and topical stick may cause:<sup>5</sup>

Dry mouth, fast heart rate, reduced sweating, a skin condition called dyshidrosis, difficulty with passing urine, allergic reactions (such as skin rashes, or swelling of the face and difficulty in breathing), sudden life-threatening allergic reactions (anaphylaxis with episodes of shortness of breath and shock).

## Tips to manage or avoid Sea Sickness

### Be careful of what you eat before travel

Do not overeat, avoid greasy and high fat foods, which swirl around the stomach easily . Avoid drinking too much alcohol. Choose Cruise Ships with Frequent Breaks. Stare at the Horizon.

**Ginger vitamins:** Ginger is a natural stomach soother. Therefore, you can chew, suck, or dilute

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<sup>4</sup> <https://www.legislation.gov.au/Details/F2018L00168>

<sup>5</sup> <http://www.emims.com.au/Australia/drug/info/Travacalm%20Original/Travacalm%20Original?type=full>

