

## Travel Sickness Capsule

This leaflet provides important information about using Travel Sickness Capsule. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Travel Sickness Capsule.**

### Where to find information in this leaflet:

- [1. Why am I using Travel Sickness Capsule?](#)
- [2. What should I know before I use Travel Sickness Capsule?](#)
- [3. What if I am taking other medicines?](#)
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## 1. Why am I using Travel Sickness Capsule?

**Travel Sickness Capsule contains the active ingredients caffeine 2.5mg, diphenhydramine hydrochloride 1.5mg, ginger root powder 24.6mg and scopolamine hydrobromide 0.01mg.**

**Scopolamine hydrobromide and diphenhydramine hydrochloride are anticholinergic antihistamines. They reduce the effect of acetylcholine levels in the brain blocking the vestibule and vomiting centre of the brain.**

**Caffeine is used to counteract the sedative side effects of the other ingredients.**

**Ginger has been historically used in herbal therapies to treat gastrointestinal issues such as nausea and vomiting.**

**Travel Sickness Capsule is used in adult patients to improve symptoms of travel sickness.**

**Your doctor may prescribe Travel Sickness Capsule for another purpose.**

**Ask your doctor if you have any questions about why Travel Sickness Capsule has been prescribed for you.**

**There is no information on the use of this medicine in those below 18 years of age.**

**This medicine is available only with a doctor's prescription.**

## 2. What should I know before I use Travel Sickness Capsule?

### Warnings

#### Do not use Travel Sickness Capsule if:

- You are allergic to caffeine, diphenhydramine hydrochloride, ginger root powder, scopolamine hydrobromide, or any of the ingredients listed at the end of this leaflet.
- Always check the ingredients to make sure you can use this medicine. Some of the symptoms of an allergic reaction may include:
  - shortness of breath;
  - wheezing or difficulty breathing;
  - swelling of the face, lips, tongue or other parts of the body;
  - rash, itching or hives on the skin.
- You are currently taking other forms of caffeine, diphenhydramine hydrochloride, ginger root powder, scopolamine hydrobromide.
- Taking Travel Sickness Capsule with other forms caffeine, diphenhydramine hydrochloride, ginger root powder, scopolamine hydrobromide may increase the risk of side effects.
- Ask your doctor or pharmacist if you are not sure if you have been taking one of these medicines. Always check the ingredients to make sure you can use this medicine.
- Do not take Travel Sickness Capsule if the packaging is torn or shows signs of tampering.
- Do not take Travel Sickness Capsule if the expiry date (EXP) printed on the pack has passed.

If you take this medicine after the expiry date has passed, it may not work as well.



## Check with your doctor if you:

- You are allergic to any other medicines, foods, dyes, or preservatives take any medicines for any other condition
- You are sensitive to caffeine, diphenhydramine hydrochloride, ginger root powder, scopolamine hydrobromide, or any of the ingredients listed at the end of this leaflet.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

## Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

### Talk to your doctor if you are breastfeeding or intend to breastfeed.

Your doctor will discuss the benefits and risks of using Travel Sickness Capsule when pregnant or breastfeeding.

## Caffeine intake

- Caffeine can cause insomnia, nervousness, restlessness, nausea, increased heart rate, and other side effects. Larger doses might cause headache, anxiety, and chest pain. Caffeine is likely unsafe when used in very high doses. It can cause irregular heartbeat and even death.
- Contains caffeine 2.5mg total caffeine per capsule. A cup of instant coffee contains approximately 80mg of caffeine.'
- Caffeine intake more than 200 mg per day is not recommended during pregnancy or breastfeeding.

## 3. What if I am taking other medicines?

### Some medicines may interfere with Travel Sickness Capsule and affect how it works.

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins

or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

### Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Travel Sickness Capsule.

## 4. How do I use Travel Sickness Capsule?

### How much to take / use

- Follow the instructions provided and use Travel Sickness Capsule until your doctor tells you to stop.

Take 1 - 2 capsules 30 minutes before departure. Repeat four to six hourly if necessary (do not exceed 4 capsules in 24 hours).

- Follow the instructions provided and use Travel Sickness Capsule until your doctor tells you to stop.

### When to take / use Travel Sickness Capsule

- Follow all directions given to you by your doctor or pharmacist carefully. They may differ from the information contained in this leaflet.

### How to take Travel Sickness Capsule

- Take Travel Sickness Capsule exactly as your doctor has prescribed.
- Swallow each tablet whole, with a drink of water.
- Do not divide, crush, dissolve, suck or chew the tablet, as this may increase your risk of side-effects.

### If you forget to use Travel Sickness Capsule

If you miss your dose at the usual time, do not take a double dose to make up for the dose you missed.



**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.**

**Do not take a double dose to make up for the dose you missed.**

## **If you use too much Travel Sickness Capsule**

If you think that you have used too much Travel Sickness Capsule, you may need urgent medical attention.

**You should immediately:**

- phone the Poisons Information Centre (by calling **13 11 26**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

**You should do this even if there are no signs of discomfort or poisoning.**

**If you take too much Travel Sickness Capsule, you may experience:**

- anxiety
- insomnia
- gastrointestinal symptoms
- increased heart rate and blood pressure
- dehydration
- blurred vision

## **5. What should I know while using Travel Sickness Capsule?**

Things you should do

**Keep all your doctor's appointments so your progress can be checked.**

Your doctor may do some tests from time to time to prevent unwanted side effects.

**Call your doctor straight away if you:**

- are about to be started on any new medicines, remind your doctor or pharmacist that you are taking Travel Sickness Capsule.

- are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.

It may affect other medicines used during the surgery.

- If you become pregnant while taking this medicine, tell your doctor immediately.
- If you are about to have any blood tests, tell your doctor that you are taking this medicine.

It may interfere with the results of some tests.

Remind any doctor, dentist or pharmacist you visit that you are using Travel Sickness Capsule.

## **Things you should not do**

- Do not take Travel Sickness Capsule to treat any other complaints unless your doctor tells you to.
- Do not give your medicine to anyone else, even if they have the same condition as you.
- Do not take more than the recommended dose.
- Do not stop taking your medicine or lower the dosage without checking with your doctor.
- If you stop taking it suddenly, your condition may worsen, or you may have unwanted side-effects..

## **Driving or using machines**

**Be careful before you drive or use any machines or tools until you know how Travel Sickness Capsule affects you.**

This medicine may cause dizziness or a feeling of unsteadiness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

## **Drinking alcohol**

**This medication may make you sleepy; don't drive or operate machinery if this happens.**

**Avoid alcohol and other medication that may cause sedation.**

**Tell your doctor if you drink alcohol.**



## Looking after your medicine

- Keep your tablets in their container until it is time to take them. If you take the tablets out of their container they may not keep well.
- Keep Travel Sickness Capsule in a cool, dry place where it stays below 25°C.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Heat and dampness can destroy some medicines.

**Keep it where young children cannot reach it.**

**A locked cupboard at least one-and-a half metres above the ground is a good place to store medicines.**

## Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

## 6. Are there any side effects?

Travel Sickness Capsule helps most people with MS, but it may have unwanted side effects in some people.

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

### Less serious side effects

Less serious side effects	What to do
Digestion system-related: <ul style="list-style-type: none"> <li>• Feeling sick (nausea)</li> <li>• Being sick (vomiting)</li> </ul>	<b>Speak to your doctor if you have any of</b>

<ul style="list-style-type: none"> <li>• Constipation</li> <li>• Upset stomach</li> </ul> Nervous system-related: <ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Spinning sensation (vertigo)</li> <li>• Increased heart rate</li> <li>• Increased blood pressure</li> <li>• Blurry vision</li> </ul> Nonspecific side effects: <ul style="list-style-type: none"> <li>• Headache</li> <li>• Feeling weak</li> <li>• Difficulty sleeping</li> <li>• Feeling thirsty</li> </ul>	these less serious side effects and they worry you.
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### Serious side effects

Serious side effects	What to do
Allergic reaction-related: <ul style="list-style-type: none"> <li>• Difficulty breathing (shortness of breath)</li> <li>• Swelling of the face, mouth, lips, throat, or tongue</li> <li>• Reddening or itching of the skin</li> </ul> These are very serious side effects. You may need urgent medical attention or hospitalisation.	Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects. Serious side effects are rare.

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

**Other side effects not listed here may occur in some people.**

### Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By



reporting side effects, you can help provide more information on the safety of this medicine.

**Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.**

## 7. Product details

This medicine is only available with a doctor's prescription.

### What Travel Sickness Capsule contains

<b>Active ingredient (main ingredients)</b>	caffeine 2.5mg, diphenhydramine hydrochloride 1.5mg ginger root powder 24.6mg scopolamine hydrobromide 0.01mg
<b>Other ingredients (inactive ingredients)</b>	None
<b>Potential allergens</b>	None

**Travel Sickness Capsule does not contain lactose, sucrose, gluten, tartrazine, or any other azo dyes.**

**Do not take this medicine if you are allergic to any of these ingredients.**

### Who distributes Travel Sickness Capsule

The Compounding Lab

1/45 Crosby Rd, Albion, Brisbane QLD 4010

CALL: 07 3862 6000 / 1300 282 311

FAX: 07 3256 0801

EMAIL: [enquiries@compoundinglab.com.au](mailto:enquiries@compoundinglab.com.au)

ORDER ONLINE: [www.compoundinglab.com.au](http://www.compoundinglab.com.au)

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