

ESCAPE TRAVEL SICKNESS (ET's) CAPSULES

Important: You are receiving a compounded medicine that has been custom made in our compounding lab to the quality standards set by the Pharmacy Board of Australia. This medicine has not been assessed by the Therapeutic Goods Administration of Australia.

Overview

This leaflet answers some common questions about Escape Travel Sickness Capsules. It does not contain all the available information and it does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. If you have any concerns about taking this medicine, ask your doctor or pharmacist.

What it does

The formula is intended to be used by sufferers of travel sickness who have been unsuccessfully treated with over-the-counter medicines, or where commercially available products are unsuitable.

Our capsules are prepared in our compounding laboratory individually for each patient.

How it works

Escape Travel Sickness Capsules contain a combination of ingredients: scopolamine hydrobromide, chlorpheniramine maleate, ginger and caffeine. These ingredients can be used to prevent travel sickness.

Travel sickness is believed to be a result of the brain receiving conflicting information about what the body senses is happening, and what the eyes see is happening.

In the inner ear there are three fluid filled canals called the vestibular system. These detect changes in the body's position. Motion sickness is thought to occur when the vestibular system sends messages to the brain telling it that the body is being moved around, while the eyes send messages that the body is stationary.

Scopolamine hydrobromide is thought to prevent motion sickness by stopping the messages sent from the vestibular system from reaching an area of the brain called the vomiting centre. This area of the brain co-ordinates the vomiting reflex. Scopolamine blocks receptors called muscarinic (or cholinergic) receptors that are found in the vomiting centre. This prevents the vomiting centre from sending nerve messages to the stomach that would normally cause vomiting.

Scopolamine needs to be taken before travel to be most effective, as once feeling sick or vomiting has started it is more difficult to control, particularly with capsules that need to be kept down.

What is it used for?

Preventing travel sickness

When you must not use this medicine

Do not use this medicine if:

- you have ever had an allergic reaction to medicines containing scopolamine hydrobromide, chlorpheniramine maleate, any other antihistamine, caffeine, or ginger – signs of an allergic reaction 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 have a **bleeding disorder** or if you are taking blood thinning medicine called warfarin. Speak to your pharmacist before using this medicine if you are taking other blood thinners such as aspirin
- it is **expired or the container is damaged** - return it to your local community pharmacy for disposal

If you are not sure whether you should start taking Escape Travel Sickness Capsules, talk to your doctor or pharmacist.

Before you start to take it

Tell your doctor or pharmacist if you have allergies to any other medicines or foods.

Tell your doctor if you have or have had any of the following medical conditions:

- liver or kidney problems
- breathing problems
- heavy drinker (of alcohol)
- glaucoma
- bladder/urinary tract or prostate problems
- life long inherited blood diseases which can cause a variety of symptoms, including mental health problems (porphyrias)
- obstruction of the stomach or intestines
- gallstones
- heart condition or disease involving the heart or blood vessels (cardiovascular disease)
- epilepsy or seizures

Tell your doctor if you are pregnant or plan to become pregnant or are breastfeeding. Please refer to the "Pregnancy and breastfeeding" section of this leaflet.

Escape Travel Sickness Capsules are for temporary relief of travel sickness and should be used only under the advice of a health care professional. Prolonged use without medical supervision could be harmful.

Before taking this medicine make sure to tell your doctor or pharmacist if you will be going to surgery or placed under anaesthesia for any reason.

Pregnancy and breastfeeding

This medicine **SHOULD NOT** be used if you plan to become pregnant, are pregnant or are breastfeeding. Ask your pharmacist for alternative options.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well during or after taking Escape Travel Sickness Capsules.

Medicines and their possible side effects can affect individual people in different ways. The following are some

of the side effects that are known to be associated with this medicine. Because a side effect is stated here, it does not mean that all people using this medicine will experience that or any side effect.

- blurred vision
- dizziness
- dry mouth
- drowsiness
- problems with urinating
- heartburn
- allergic reactions
- skin rashes
- vomiting
- constipation or diarrhoea

If you are 60 years and over you may have an increased chance of getting side effects. Dizziness, drowsiness and a drop in blood pressure causing light-headedness are more likely to occur in elderly patients.

This medicine may cause drowsiness, blurred vision and other side effects that may affect your ability to drive. You should not drive or operate machinery if you experience these symptoms. Alcohol should be avoided as it can worsen these side effects.

Stop treatment immediately and contact your doctor or pharmacist if you feel you are experiencing an allergic reaction to this medicine.

Ask your doctor or pharmacist if you have any questions about the side effects of Escape Travel Sickness Capsules.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including those bought without a prescription and herbal medicines, before you use this medicine. Always check with your doctor or pharmacist before taking any new medicines during treatment with this one.

If you experience a dry mouth as a side effect of this medicine you may find that medicines that are designed to dissolve and be absorbed from under the tongue, e.g. sublingual glyceryl trinitrate (GTN) tablets, become less effective. This is because the tablets do not dissolve properly in a dry mouth. To resolve this, drink a mouthful of water before taking sublingual tablets.

Some medicines and Escape Travel Sickness Capsules may interfere with each other. These include:

- anticoagulants (medicines that thin the blood) e.g. warfarin
- antidepressants e.g. amitriptyline
- medicines containing metoclopramide
- medicines containing propantheline
- medicines that treat epilepsy or fits
- sleeping tablets
- antihistamines e.g. promethazine
- antispasmodics e.g. atropine, propantheline, oxybutynin
- antimuscarinics (medicines that treat Parkinson's disease symptoms) e.g. procyclidine
- antipsychotics e.g. chlorpromazine, clozapine, thioridazine

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to take this medicine

Adults: Take **1 capsule** an hour prior to travel. Repeat every 4–6 hours as necessary. **Maximum 4 capsules in 24 hours.**

Children (over 16 years): Take **1 capsule** an hour prior to travel. **Maximum 1 capsule in 24 hours.**

Swallow capsules whole with a glass of water.

This medication may make you sleepy. Don't drive or operate machinery if this happens. Avoid alcohol and other medication that may cause sedation.

If you take too much (overdose)

Immediately telephone your doctor or the Poisons Information Centre (Tel: 13 11 26) for advice, or go to the Emergency Department at the nearest hospital, if you think that you or anyone else may have taken too much Escape Travel Sickness Capsules. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Storage and expiry

Store all medicines out of reach of children or pets.

Keep in a cool dry place where the temperature stays below 25°C. Avoid direct sunlight and heat. Do not store this product, or any medicines in the bathroom or near a sink.

This medicine expires 180 days from the time of manufacture. The expiry date will be printed on the dispensing label.

Ingredients

Each capsule contains:

- Scopolamine Hydrobromide 0.2mg
- Caffeine 100mg
- Chlorpheniramine maleate 2 mg
- Ginger (*Zingiber officinale*) Root Extract approx. 100mg (as formula base*)

*Amount used as base may vary slightly due to the adjustment factors of other ingredients)

Compounded Travel Sickness Capsules (Escape Travel Sickness Capsules)

Phone: 1300 SEASICK (1300 7327425)

www.escapetravelsickness.com.au