

トラベルミンR

Category-2 OTC Drug



For prevention and relief of motion sickness

Travelmin R is a motion sickness medicine that effectively prevents and relieves the symptoms of motion sickness.

Travelmin R causes relatively little drowsiness and contains ingredients that work even after you have started to feel sick.

It helps you to enjoy your trip while traveling on a bus or train.

Travelmin R can be used by anyone from children aged 11 years or over to adults.



Indications



Motion
sickness

Prevention and relief of dizziness, nausea, and headache associated with motion sickness



Dosage and Administration

To prevent motion sickness, take the following dose with cold or hot water 30 minutes before getting in a vehicle.

Age	Dosage	Number of doses
15 years or over	1 tablet	Up to 2 times in intervals of at least 4 hours
11 to 14 years	1 tablet	Up to 2 times in intervals of at least 4 hours
Less than 11 years	Do not take this medicine	-

When taking additional doses, take the doses at least 4 hours apart. Do not take this medicine more than twice per day.

Precautions for Dosage and Administration

When allowing children (11 to 14 years) to take the medicine, a guardian must be present to watch the child and instruct them how to take it. When giving the child the medicine to be taken outside of the house, such as while on a school trip, give them instructions about the dosage, how to take the medicine, etc.

How to take the tablets out

As shown in the figure below, use your finger and press hard on the raised area of the sheet containing the tablets to break the aluminum foil and remove the tablet. (Accidentally swallowing the tablets while they are still in the sheet can lead to unexpected accidents such as piercing of the esophageal membrane.)





Ingredients

Ingredients and their actions

The dose of 1 tablet (11 years or over) contains the following ingredients.

Ingredients	Amount	Action
Difenidol hydrochloride	16.6 mg	Suppresses abnormal excitation of the autonomic nerves.
Scopolamine hydrobromide hydrate	0.16 mg	Reduces sensory confusion while riding in a vehicle.
Anhydrous caffeine	30.0 mg	Prevents sensory confusion while riding in a vehicle.
Pyridoxine hydrochloride (vitamin B ₆)	5.0 mg	Effective for nausea and dizziness.

Additives

Talc, corn starch, lactose, hydroxypropyl cellulose, titanium oxide, red ferric oxide, magnesium stearate, cellulose, hypromellose, povidone, macrogol



Precautions

⚠ Precautions

When not to use the product

If you do not follow these instructions, the current symptoms may worsen or adverse reactions/incidents are more likely to occur.

1. This drug should not be taken together with the following drugs:

Other medicines for motion sickness, cold medicines, antipyretics/analgesics, sedatives, expectorants, medicines for indigestion and heartburn relief, medicines taken orally that contain antihistamines, etc. (such as medicines taken orally for rhinitis or medicines for allergies)

2. Do not operate vehicles or machinery after taking this drug.

(Symptoms such as sleepiness, blurred vision, and increased sensitivity to light may occur.)

Consultation

1. The following persons should contact a physician, pharmacist, or registered salesperson for a consultation before taking this medicine.

1. Patients undergoing medical treatment from a physician
2. Pregnant women or women who believe they may be pregnant
3. The elderly
4. Patients who have experienced allergic symptoms associated with drugs etc.
5. Persons with the following symptoms:

Difficulty urinating

6. Persons diagnosed as having the following:

Glaucoma, heart disease

2. If the following symptoms are observed after taking this drug, these may be adverse reactions, so immediately discontinue the use of this drug and show this instruction leaflet to your physician, pharmacist, or registered salesperson for a consultation.

Parts Affected	Symptom
Skin	Rash/redness, itching
Mental/nervous system	Headache, floating sensation, unstable feeling

Cardiovascular system	Palpitations
Urinary system	Difficulty urinating
Other	Facial hot flashes, increased sensitivity to light

3. The following symptoms may be observed after taking this drug. If these symptoms persist or worsen, discontinue the use of this drug and show this instruction leaflet to your physician, pharmacist, or registered salesperson for a consultation.

Dry mouth, constipation, drowsiness, blurred vision

Precautions for storage and handling

1. Store in a cool, low humidity place away from direct sunlight.
2. Keep out of reach of children.
3. Do not transfer to a different container. Moreover, do not put other drugs in this container.
(This may lead to misuse or alter the quality of the drug.)
4. Do not use the product after the expiration date.



Packaging and Price

Packaging	Recommended retail price
6 tablets	1,100yen, tax included (1,000yen, tax excluded)