

TÍNH TIỆN LỢI

- ✓ Meclizine là hoạt chất điều trị say tàu xe **DUY NHẤT** có tác dụng kéo dài suốt 24h → Chỉ cần **DÙNG 1 lần/ngày**
- ✓ **So với Scopolamine** (miếng dán), Meclizine **chỉ cần uống 1 tiếng trước khi bắt đầu** hoạt động di chuyển. (thay vì 4-12 tiếng)

Table 1. Treatment and Prevention Options for Motion Sickness

Agent	Brand Name	OTC/Rx	Dosage Form	Dosage	Frequency	Comments
Scopolamine	Transderm Scop	Rx	Transdermal patch	1.5 mg/patch	Apply 1 patch q72h	Apply to hairless skin behind ear. Rotate application site. Do not cut patch. Apply 4-12 h before activity
Ginger	NA	OTC	Capsule	250-1,000 mg	tid or qid	May enhance effects of anticoagulants and antiplatelet agents. May inhibit activity of some antihypertensives
	NA	OTC	Liquid (1,000 mg/mL)	1,000 mg	tid	
Chlorpheniramine	Chlor-Trimeton	OTC	Tablet	4 mg	q4-6h (max 24 mg/24 h)	NA
	Chlorphen-12	OTC	Tablet, ER	12 mg	q12h (max 24 mg/24 h)	NA
Dimenhydrinate	Dramamine	OTC	Tablet	50-100 mg	q4-6h (max 400 mg/24 h)	Take 30-60 min before activity
Diphenhydramine	Benadryl	OTC	Tablet, capsule, liquid	25-50 mg	q6-8h	Take 30 min before activity
Meclizine	Dramamine Less Drowsy Formula	OTC	Tablet	25 mg	q24h	Take 60 min before activity
Promethazine	Phenergan	Rx	Tablet, syrup	25 mg	q12h	Take 30-60 min before activity

ER: extended-release; max: maximum; min: minute; NA: not applicable.
Source: References 6, 48-53.