

Medications - there are licensed anti-sickness medicines that your vet can prescribe if your dog has very severe car sickness. Often these are used short term while you're taking other steps to help your dog's car sickness. Non-prescription and human medications for car sickness are often not effective and can have side effects.

Home remedies - herbal or natural products (often containing ginger or mint) are available, but unfortunately, there is no evidence to show they work.

Preventing car sickness

The best way to prevent car sickness is to gradually get your dog used to car travel. This is known as travel training.

- Start with short journeys (no more than five minutes), then gradually build up by a few minutes at a time
- Use a pet-safe crate or travel harness to help them feel safe and secure
- Give them something comfortable to sit on and make sure they don't slip around when the car moves
- Take regular breaks on journeys

Some other things that might help your dog when travelling:

- Feed them at least 2-3 hours before travel
- Walk them before a journey
- Keep them cool in the car (make sure the cool air reaches your dog in the back or the boot)

Published: June 2020