

## Carsickness

Although carsickness is more common in puppies, many adult dogs suffer from it as well. Sometimes it's a matter of frequency – taking your dog for several short car trips and ending them before she gets ill can help her to eventually handle long car rides.

For many dogs, car rides usually end a somewhat stressful experience, such as a visit to the veterinarian or groomer. Taking your dog on frequent short trips to a nearby park for a fun romp can relieve some of the anxiety and nausea she feels on other trips.

A full stomach can also contribute to carsickness. Ideally, you should not feed your dog or allow her to consume a large amount of water within 4-6 hours prior to a car ride. Some dogs do better in a crate because it limits their view of the moving scenery outside the car.

A dose of antihistamine diphenhydramine prior to a car ride has a mild anti-nausea effect and may make your dog a bit drowsy so that she can take a good nap on the way to your destination. Check with your vet for specific recommendations and dosages. Calmatives, such as valerian root or D.A.P. (dog appeasing pheromone) are another option.

Be cautious in taking your dog along for any ride, however. Never leave her alone in the car, where she may be stolen or become overheated even on a cool day. Always confine her safely, either with a seatbelt designed specifically for a dog or within a secured dog carrier.