



ADVICE TO DIVERS FOLLOWING RECOMPRESSION TREATMENT

To be given to the diver before discharge from the unit after treatment

You have been treated for Decompression Illness (DCI)

You should watch your condition over the next 1-2 days.

If your symptoms return or you have new complaints during this time please contact our unit.

You should definitely not travel to a higher altitude than 1000ft/300m by aeroplane or car for the next 48 hours and preferably not for 7 days unless your travel plans are very urgent.

You should not dive for at least 30 days, even if you feel well and preferably not until after your follow up appointment.

Once declared medically fit to dive after decompression illness, the following is recommended:

1. No decompression diving, do a Safety Stop or extend the safety stop by minutes.
2. No diving deeper than 30m.
3. Use nitrox on air tables, but only if appropriately trained.
4. Do not dive to the depth or time limits on the dive tables or dive computer.
5. Remember that some dive computers only use decompression as an emergency procedure: Limits are there to stay away from, not work to.
6. Stay well hydrated while diving and avoid excess alcohol, including the night before.
7. Dives involving the cold or heavy exercise should be even more conservative in terms of depths and times.
8. Always adhere to safe diving practises and dive according to your training and experience.

The above information has been explained to me, my questions are answered and I understand the instructions.

Patients signature

Date/time of discharge

HBO Doctors Name

EMERGENCY PHONE: 00 44(0) 7999 292 999



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