

# Low Bubble Diving

Microbubbles in the bloodstream can lead to serious health problems. It is therefore advisable, particularly if you have a venous to arterial circulation shunt (i.e. a PFO), to reduce the number of bubbles in the blood.

**By changing your diving behaviour with the following rules for Low Bubble Diving, you can help prevent larger bubbles from being formed and then stabilised.**

## Low Bubble Diving Rules

- plan your dives carefully and sensibly
- **don't do any yo-yo dives**
- any repeat dives should be shallower than the previous dive
- **lengthen your safety stop** (i.e. to 5-10 minutes) at depths of 3-5 metres
- **don't do any deco dives**, observe the no-decompression limit
- **reduce your ascent rate**, particularly in shallow water up to 10 metres
- **increase your surface intervals**
- do a **maximum of 2 dives** per day
- dive with **nitrox** using air tables



avoid further risk factors:

- intense skin warming from the sun, showers or sauna
- dehydration (pay attention to your water balance and drink plenty)
- getting cold
- smoking

avoid activities which would encourage a bubble transfer (via a PFO):

- exertion at the end of a dive, e.g. by swimming against the current, transporting equipment or strenuously exiting the water
- physical exertion during the first hours after the dive e.g. athletic sports, running, swimming etc.

Of course, following these rules is no guarantee for a safe dive.

For specific groups of divers (e.g. professional divers and diving instructors) and in emergency situations, low bubble diving is not always possible. Unfortunately, a certain amount of residual risk cannot be excluded completely.

**We generally recommend that every diver undergo regular fitness to dive examinations by a medical expert. Our doctors are also happy to advise you individually as to your fitness to dive and your diving behaviour.**