

## French Underwater Federation guidelines: "Recreational scuba diving contraindications"

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This list is indicative but not necessarily exhaustive. Individual affections must be addressed on a case-by-case basis, and when possible, after a specialised opinion. Decisions should be made in light of diver experience and condition (beginner, confirmed diver or instructor). In case of disagreement, the final decision must made by the Regional Medical Commission, with a possibility of appeal to the National Medical Commission (CMPN).

	Definitive contraindications	Temporary contraindications
	Congenital heart disease.	Uncontrolled systemic blood pressure.
Cardiovascular conditions	Symptomatic heart failure.	Coronary artery disease : evaluation required (*)
	Obstructive cardiomyopathy.	Pericarditis.
	Risk of syncope.	Antiarrhythmic treatment, Beta blocker treatment :
	Paroxysmal arrhythmia.  Non pacing 2 <sup>nd</sup> degree or complete AV block.	evaluation required (*)
	Non pacing 2 <sup>nd</sup> degree or complete AV block.	Right-to left shunt evidenced after a cerebral or vestibular
		form of decompression sickness : evaluation required (*)
Ear, Nose	Unilateral hearing loss.	Otologic surgery.
	Mastoidectomy.	Acute ENT infection.
	Ossiculoplasty.	Nasal-sinus polyposis.
	Tracheostomy.	Tubo-tympanic disorders leading to alterno-baric vertigo.
and Throat	Laryngocele.	During or right after a vertigo.
conditions	Bilateral deafness : requires audiometric exploration.	Unexplored vertigo.  Vestibular deficiency > 50 % : 6 months.
	Otospongiosis.	
	Fracture of the petrous temporal bone. Uni or bilateral labyrinthis destruction.	Punctured eardrum (and transtympanic aerators).
	Perilymph fistula.	Right-to left shunt evidenced after a vestibular form of
		decompression sickness : evaluation required (*)
Pneumology	Uncompensated vestibular deficiency.	Respiratory (in particular lower airway) infection.
	Respiratory failure Interstitial fibrosis	Pleurisy.
	Pulmonary vasculitis	Chest trauma.
	Asthma : evaluation required (*)	Chest trauma.
	Spontaneous pneumothorax, or after surgery for	
	subpleural emphysemal blebs.	
	Other major lung surgery.	
	Retinal, choroidal or papillar vascular disease	Acute diseases of the eyeball or its annexes until healing
	unstabilised, likely to bleed.	Photorefractive keratectomy and LASIK: 1 month.
Ophtalmology	Keratoconus > stage 2.	Phacoemulsification-trabeculectomy and vitreo-retinal
	Hollow eye prosthesis or implant.	surgery: 2 months.
	For 3-4* divers or instructors : binocular vision < 5/10 or	Corneal graft: 8 months.
	one eye vision < 1/10 if the other < 6/10	Topical beta blocker treatment : evaluation required (*)
Neurology	Epilepsy	Severe cranial trauma : evaluation required.
	Severe neurological deficit syndrome.	
	Repeated loss of consciousness	
	Neuro-surgical, traumatic or ENT meningeal effraction	
	wounds	
Psychiatry	Severe psychiatric disorders	Antidepressant, anxiolytic, ant psychotic or
	Cerebral palsy.	hypnotic treatment.
	Chronic alcoholism.	Acute alcohol intoxication.
Hematological conditions	Peripheral thrombopenia.	Unexplored phlebitis.
	Congenital thrombopathy.	
	Repeated phlebitis and/or evidence of coagulopathy	
	after work-up.	
	Hemophilia : evaluation required (*)	
Gynecology		Pregnancy
	Insuline-dependent diabetes mellitus:	Tetanitis and/or spasmophilia.
Metabolic	evaluation required(*)	·
conditions	Oral hypoglycaemic treatment (other than biguanides).	
		endocrinologic disorders
	Different disease entities may lead to temporary or definite contraindication depending on their intensity and/or associated respiratory, cardiovascular or neurological effects.	
Dermatology		
Gastrointestinal	Antireflux prosthesis.	Hiatal hernia or symptomatic gastro-oesophageal reflux :
conditions	'	evaluation required.
- Containions		
Any treatment or drugs likely to affect behaviour may lead to contraindication		
The occurrence of a disease that list requires further review.		
Conditions marked with (*) require further evaluation, in these cases medical certification permitting diving		
	can only be issued by a bonafide	federal physician.
Following decompression sickness, pulmonary barotrauma, oxygen recompression treatment or any other severe diving		
injury, scuba-diving may be resumed only after a positive opinion by a bonafide federal physician or a		
certified underwater medicine physician (in accordance with CMPN rules).		
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