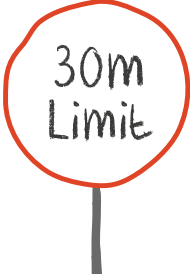
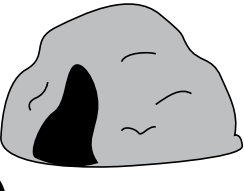
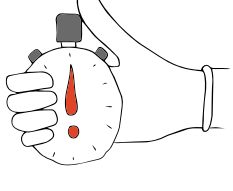
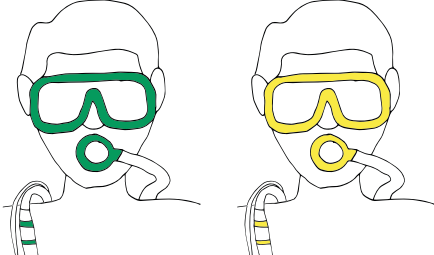
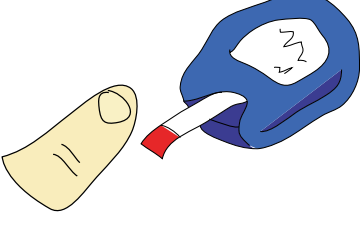
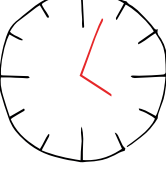
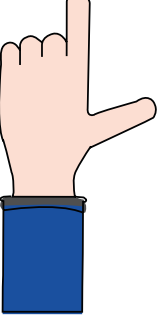
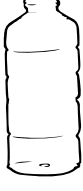



Diabetes and Diving

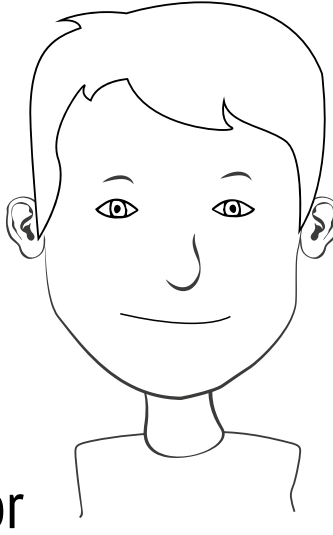
The diabetic diving protocol


- 1 No deeper than 30m 
- 2 Nothing overhead (no caves, wrecks, etc.) 
- 3 No longer than 1 hour 
- 4 No compulsory decompression stops 
- 5 Having a non-diabetic buddy/leader who is aware of their buddy's diabetes and how to treat hypoglycaemic episodes is recommended


On the day of diving

- 1 Blood glucose (BG) levels should be $\geq 8,3\text{mmol/L}$ and stable or rising. Delay if $\geq 16,7\text{mmol/L}$. 
- 2 Take BG levels an hour, 30 minutes and immediately before dives to see trends 
- 3 Ingestible glucose available during all dives. Injectable glucagon available at surface
- 4 Signal "L" if hypoglycemia is suspected, get to the surface, ingest glucose and leave the water. 
- 5 Stay properly hydrated on the day of diving 
- 6 All dives, the associated diabetes interventions and BG tests should be logged 
- 7 Check BG frequently for 12-15 hours after diving

Guidelines

- Delay diving after start or change in medication
 - Undergo physical evaluation
 - No episode of hypo- or hyperglycaemia with assistance from a third party for over a year
 - No significant, secondary complications
 - 18 years or older
 - Well-established treatment and well-maintained BG levels
 - No incidents of hypoglycaemia unawareness
 - Annual review by a diving doctor
 - Documented intent to follow protocol
- 

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