

# Patent Foramen Ovale and diving

**After having had two incidents with mild DCS symptoms I had a PFO test done and my doctors have found a small one. I have the objective to continue diving - most probably on low bubble profiles, following recommendations of diving medics. What do you recommend?**

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*Answer from DAN experts:*

The advice you probably have been given on low bubble diving, should include no-decompression diving on Nitrox while keeping your computer in "air" mode (and obviously taking into account the pO<sub>2</sub> limitations imposed by the Nitrox mix), and would prevent you from having other incidents of cutaneous DCS. Avoiding strenuous exercise in the 1-2 hours after the dive and limiting the number of repetitive diving days without a "break" are also useful. Of course, should symptoms appear again, the rapid administration of 100% oxygen remains the cornerstone of first aid treatment.