



Diving Medical (Commercial) Advice Beforehand

Please review the below carefully to minimise the likelihood of delays and increased costs associated with retesting where same is required.

Specific Advice for Initial Diving Medicals

1. Please ensure to complete the Medical Questionnaire with your GP before the Medical and bring same to your medical at Mungret Medical Centre (MMC) contained below in Appendix 1.¹

Specific Advice for both Initial and Repeat Diving Medicals

1. Please bring your current personal diver's logbook (if diving prior to the medical assessment). Divers should be aware of the expiry dates on their certificates, so that they can plan for subsequent examinations, and possible delays which may be necessary.
2. Previous Certification and Medical Records
 - a. If you have a previous Diving Medical (Commercial) Certificate(s) please ensure to bring same and/or Medical Records that might pertain to same.
3. Identification
 - a. Please ensure to bring valid, in date, government photo identification. E.g. passport.
4. Medication
 - a. If you take any medications, please bring a list of medication(s).
5. Audiometry
 - a. You will be booked to have a hearing test please avoid loud noise for 16 hours before hand.
 - b. Please also ensure that your ears are free from wax.
6. Glasses

¹ "Prior to learning to dive for work purposes, the trainee diver should fill out the medical questionnaire ... The trainee diver's general practitioner (GP) should then countersign the questionnaire. This questionnaire will assist both the trainee diver and the medical examiners of divers in determining whether there is anything in the diver's medical history that may preclude them from diving for work purposes." Pg 5. Guidance for Divers on Medical Certificates of Fitness to Dive. Published in November 2019 by the Health and Safety Authority, The Metropolitan Building, James Joyce Street, Dublin 1.

- a. Please bring all types of glasses worn to improve vision.
7. Fitness test
 - a. You will be required to complete a fitness test.
 - b. Please wear comfortable and loose clothing.
 - c. Please wear shoes with good grip and flexibility.
 - d. Please do not eat, smoke nor drink coffee nor tea for 2 hours before the test.
 - e. Avoid heavy exercise 24 hours before the test.
 - f. It is required to be in general good health before a fitness test.
 8. Please arrive with a full bladder and able to give a urine test.
 9. If you or your employer/company requires a drugs of abuse screen please ensure to review the associated [pre-appointment advisory](#).

After the Medical Assessment

1. The Health and Safety Authority advise divers that²;
 - a. Any illness or injury may affect your fitness to work. Certain conditions (for example, any lung, heart, brain, nervous system, ear, nose or throat disorder, including decompression illness, or any illness or injury requiring you to be off work for more than 14 days), may require that you are re-examined by an AMED to assess your fitness to return to work. This re-examination involves a specific assessment of the possible effects of your illness or injury on diving safety and your ability to work as a diver. It does not replace the annual medical examination. You should contact an AMED after a period of illness or injury to consider if re-examination is required.

² Guidance for Divers on Medical Certificates of Fitness to Dive. Published in November 2019 by the Health and Safety Authority, The Metropolitan Building, James Joyce Street, Dublin 1.

Appendix 1 – Medical Questionnaire³

FOR COMPLETION BY THE CANDIDATE DIVER AND THEIR GP TO CONFIRM
MEDICAL HISTORY (NO EXAMINATION IS REQUIRED).

Question	YES	NO
(Females only) Are you pregnant or likely to be pregnant?		
Are you taking any prescribed or other medication?		
Do you have any allergies?		
Have you ever had or been treated for decompression illness?		
Have you ever had or do you now have:	YES	NO
Cancer?		
Mental health problems (including panic attacks, claustrophobia)?		
Drug and/or alcohol misuse in the past three years?		
Lung disease (for example, chronic obstructive pulmonary disease, asthma)?		
Collapsed lung (pneumothorax)?		
Injury or surgery to the chest, lungs or heart?		
Disease of the heart and circulation (for example, high blood pressure, angina, heart attack, chest pains, palpitations)?		
Disease of the brain or nervous system (for example, epilepsy, stroke, multiple sclerosis, nerve damage)?		
Blackouts, recurrent fainting, collapsing or dizziness?		
Motion sickness?		
Migraine?		
Head injury with loss of consciousness or surgery to the head?		
Bone or joint problems or surgery (for example, sciatica, spinal surgery)?		
Ear, nose, throat or sinus problems?		

³ Guidance for Divers on Medical Certificates of Fitness to Dive. Published in November 2019 by the Health and Safety Authority, The Metropolitan Building, James Joyce Street, Dublin 1.



Have you ever had or do you now have:		YES	NO
Eye problems (for example, loss of vision, double vision)?			
Diabetes or other hormone problems?			
Urinary or kidney problems or (males only) prostate problems?			
Stomach or intestinal problems or surgery (including stomas)?			
Skin disease?			
Blood or bleeding disorders?			
If the candidate diver or GP has any comments on the medical history, please use another sheet.			
Candidate diver - I certify that the above answers are correct:			
Full name		Date of Birth	
Address			
Signature		Date	
GP - I confirm the medical history:			
Practice Stamp			
Signature		Date	