

ANKLE-BRACHIAL INDEX (ABI) TEST



PATIENT NAME: _____

APPOINTMENT DATE: _____ **APPOINTMENT TIME:** _____

Please note, you should allow 1 hour for completion of this test.

PURPOSE: An Ankle-Brachial Index (ABI) test is a very useful screening procedure that measures the blood pressure in the ankles and arms at rest and after the exercise. This test uses blood pressure cuffs on your arms and ankles and a small pencil probe to listen to soundwaves produced in your arteries. This test is conducted while you lie on an exam table.

PROCEDURE:

1. You will be asked to remove your shoes and stockings.
2. A highly trained technician will attach blood pressure cuffs to your arms and ankles.
3. The technician will take blood pressure measurements and use a pencil probe to listen to soundwaves produced in your arteries. These measurements are recorded.
4. Frequently, this test is followed by a treadmill test to determine if symptoms of leg pain will occur with exercise. You will walk on the treadmill at a slow pace for a maximum of 5 minutes. If leg pain occurs, the technician will have you stop walking immediately.
5. You will then be asked to lie on the exam table, and your arm and ankle blood pressures will be again measured.
6. The results of your test will be carefully reviewed and interpreted by the Cardiologist. The Care Group makes every effort to provide results of your test to your ordering physician within a 24-hour period.
7. Because of the volume of testing that we do, if you are scheduled to see your ordering physician after your test, it may take an hour or more to have the test read by the Echo Cardiologist.

INSTRUCTIONS:

1. It is important that you are on time for your test. If you need to cancel, please call: 317-583-7900 or 1- 866-415-6622.
2. You may take your medications on the day of your test.
3. You may eat and drink fluids on the day of your test.



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