



## ABI's

Ankle brachial indices (ABI) is a non-invasive test that helps determine if you have evidence of blocked arteries in your legs, known as peripheral arterial disease (PAD). The ABI study will take approximately 30-60 minutes.

A blood pressure cuff will be applied to both arms and to both legs just above your ankles. Initially, we will take your blood pressure in both arms and legs while you are lying on the exam table. With a cuff inflated, a small Doppler device will be held over the artery below the cuff for a reading of the brachial pressures. You may hear a rhythmic sound as your pulses are amplified. If the values are borderline, we may ask you to walk on a treadmill for approximately 5 minutes at a low pace and repeat the blood pressures in your arms and legs immediately afterwards.

The ABI study helps your doctor diagnose and predict the severity of any blockage of the arteries you may have in your legs. The physician will use the results to guide in further treatment options.

### Instructions

Please do not eat for 4 hours prior to the test. Wear comfortable clothes and shoes that are comfortable in the event you may need to walk on the treadmill. Please do not wear any nylons or support hose.

If you have any questions regarding the ankle brachial indices test, please call our office at 949-8554.

Test Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_