

ANKLE BRACHIAL INDEX (ABI)

Name: _____

DOB: ____/____/____

Date of Test: ____/____/____

Time: ____:____ AM/PM

An Ankle Brachial Index is a test to check the circulation in your legs. This can help determine if there is any blockage that may be causing pain with exercise, numbness, skin discoloration, or coldness in the legs.

Blood pressures are taken in the arms and legs and are compared for differences. You may be asked to exercise by performing toe raises if you are physically able, after which blood pressures will be repeated in the arms and legs and compared to the resting pressures.

Patient Instructions:

1. Allow 45 minutes for both legs.
2. Wear two-piece clothing.
3. Take all of your regular medications, unless otherwise instructed by your physician.
4. The ordering physician will be notified of the results. This physician will inform you of the results.

If you need to reschedule the test or have any questions regarding these instructions, please call our office.