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ABI (ANKLE-BRACHIAL INDEX) TESTING INSTRUCTIONS

IMPORTANT: Please CAREFULLY read and comply with all instructions in order to avoid rescheduling.

PREPARATION

- ❖ The test is performed in the Lynwood office.
- ❖ Diet: Eat and drink as normal.
- ❖ Clothing: Wear two-piece, comfortable clothing.
 - We suggest you bring along a pair of loose fitting shorts to wear during the study.
 - You must have your upper arms bare, so please wear short sleeves.
- ❖ Medication: Take your medication as prescribed.
- ❖ Insurance: If you are covered by an insurance plan that requires pre-authorization from your primary care physician, please make those arrangements prior to your visit.

BRIEF EXPLANATION OF SEQUENCE OF TEST

- ❖ Your Doctor as ordered a test to check the circulation in your legs and feet.
- ❖ When the nurse takes you back to the examination room you will be asked to undress from the waist down, except for your underwear, including your shoes and socks.
- ❖ A small doppler probe will record the pulses in your legs, from the groin to the feet.
- ❖ You will then have blood pressure cuffs applied to your upper arms and legs.
- ❖ With use of the doppler and by applying pressure to the cuffs we will be able to measure your circulation.
- ❖ The test will take anywhere from 45 to 90 minutes and no preparation is required.
- ❖ You will be allowed to leave after the test. Your physician will give you the results.

QUESTIONS/CONCERNS

You will be contacted the day before your test to confirm your appointment time. Any questions or concerns you may have can be answered at that time or you may call our office.

Thank you for your time and cooperation.