

ANKLE BRACHIAL INDEX PREPARATION & INSTRUCTIONS

What is an Ankle Brachial Index?

An ankle brachial index is a noninvasive test that helps diagnose Peripheral Arterial Disease.

Before the exam:

- Daily medications can be taken prior to test with water
- Exam usually takes about 30 minutes.

During the exam:

You will be positioned on a cushioned exam table, flat on back, with a pillow under the head. Blood Pressure cuffs are placed on upper arms, ankles, and toes. The cuffs will inflate on both arms first (like a normal blood pressure) followed with a light pressure on the ankles to get a waveform. Once the waveform is documented the cuffs will inflate tighter on both ankles and then the toes. You may experience some discomfort during the exam since the cuffs do get tight like a regular blood pressure. For most patients toe raises are done for two minutes after the pressures are taken. The patient will go up and down on their tiptoes for two minutes and then another set of pressures are then taken on the arm and ankles. Toe raises are dependent on the patient's mobility.

After the exam:

Once the exam is completed you may resume normal activities and diet. The physician will review the test and a final report will be generated. Your physician will discuss the test results with you.