

## ANKLE-BRACHIAL INDEX (ABI) TEST

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location: Cardiovascular Medicine 1<sup>st</sup> floor at Mankato Clinic  
1230 East Main Street Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

### **Please check in at the Cardiovascular Medicine Department.**

If you are unable to keep your appointment or have questions, please call 507-389-8519 as soon as possible.

### **What is a/an Ankle-Brachial Index Test (ABI):**

The ankle brachial index (ABI) test is a quick, non-invasive way to assess your risk for peripheral artery disease (PAD). PAD is a condition in which the arteries in your legs and ankles are narrowed. People with PAD are at a higher risk of heart attack, stroke and poor circulation. This appointment takes approximately one hour.

### **How do I prepare for the test:**

- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- Day of Test
  - **Bring/wear a pair of shorts and a short-sleeved t-shirt.**

### **What will happen during the test:**

- You will be asked to remove your shoes and socks. If you have brought shorts and a short sleeved shirt you can change into them at this time. If you have not brought a change of clothes, you will be asked to undress from the waist down.
- If you are wearing long sleeves, you will also be asked to remove your shirt and you will be provided with a gown to wear.
- You will lie flat on a bed and blood pressure cuffs will be applied to your arms, thighs, calves and ankles. You will be asked to lie quietly and flat. Any talking, coughing or rising of the head can affect the results of the test.
- Blood pressures will be obtained. You will be asked to notify clinic staff of any painful areas on your lower extremities.
- Blood pressure readings will also be taken on the big toe of each foot.

### **Instructions for after your test:**

- The blood pressure cuffs will be removed and you will get dressed.
- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.