



## Exercise Ankle-Brachial Index Test (EABI)

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.

### What is a/an Exercise Ankle-Brachial Index Test (EABI)

The exercise ankle-brachial index test is a quick, non-invasive way to assess your risk for peripheral artery disease (PAD), a condition in which the arteries in your legs and ankles are narrowed. People with peripheral artery disease (PAD) are at a higher risk of heart attack, stroke and poor circulation. If you have been having pain in your legs during exercise, this test will be able to tell if your legs have adequate circulation.

### How do I prepare for the test:

- Before scheduling your test, please tell your provider if you are:
  - Pregnant or think you may be pregnant.
  - Diabetic. Your provider will instruct you about taking your diabetes medications. Some medications need to be stopped after the test.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- Day of Test
  - Take medications as usual unless otherwise instructed by your health care provider.
  - **Bring a pair of shorts**, a short-sleeved t-shirt and a comfortable pair of walking shoes to your appointment.

### What will happen during the test:

- There are 2 parts to the test
- **Part 1: Resting Ankle-Brachial Index (ABI)**
  - You will remove your shoes and socks for the resting ankle-brachial index (ABI). While lying flat on a bed, blood pressure cuffs will be applied to your arms, thighs, calves, ankles and big toes.
  - You must lie still and flat during the test with no talking, coughing or lifting of your head which can affect the results.
- **Part 2: Exercise Ankle-Brachial Index (EABI)**
  - You will put on your shoes and socks and walk on a treadmill for five minutes at a leisurely pace and incline.
  - After walking for five minutes on the treadmill, you will lie back down on the bed and blood pressure readings will be taken on both ankles and one arm.

### Instructions for after your test:

- 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.
- Blood pressure cuffs will be removed.
- You can return to your normal activities immediately.