



What To Expect During an ABI Procedure

Your physician has ordered an ABI Procedure and you may be wondering what to expect. The below information will provide you with an overview of the test and hopefully answer any questions you may have and reduce any feelings of anxiety you may have as well.

What is an ABI Procedure?

An Ankle-Brachial Index (ABI) test is a simple way for your doctor to check how well your blood is flowing.

Why did my doctor order this test?

Cardiologists order these tests for patients to check for peripheral artery disease or PAD. Patients with peripheral artery disease could be at risk for stroke or heart attack.

The most common symptom of lower-extremity peripheral artery disease is painful muscle cramping in the hips, thighs, or calves when walking, climbing stairs or exercising. This pain often goes away when you stop exercising, but this can sometimes take a few minutes. Some other symptoms may include: leg pain that does not go away, foot or toe wounds that do not heal or heal slowly, gangrene or dead tissue, a marked decrease in the temperature of your lower leg or foot compared to the other leg or rest of your body, poor nail growth, and erectile dysfunction especially in men with diabetes.

How long will the test take and can I bring someone with me?

The full test will take approximately 30-60 minutes. During COVID we must limit guests in our office and have limited waiting space during the test. It is preferred that you do not bring a guest unless medically necessary for support or translation assistance for this reason.

Are there any special instructions for this test?

Please wear shorts for this test. We will need good access to your legs.

What will happen on the day of my appointment?

You will check-in for your test downstairs in suite 100. A member of our team will escort you to your room and will explain the steps of the test to you.

Our friendly, experienced, and knowledgeable staff are happy to answer any questions or address any concerns you have throughout your test in our office. Please do not hesitate to ask, we love to educate!