

Ankle–Brachial–Indices (ABIs)

What:

Assesses the blood flow pressure in the lower legs using a combination of blood pressure cuffs and a small handheld ultrasound machine.

Why:

To assess/predict the extent of any peripheral vascular disease (PVD) of the lower legs, and also the effectiveness of any treatment/intervention of the leg arteries. The blood pressure at the ankles is compared with the blood pressure in the arm. Sometimes you may be asked to perform exercise on a treadmill, this is done to compare your ankle pressures at rest and after exercise.

Involves:

- The scan is performed in a private ultrasound room where a sonographer will explain the scan and answer any questions you may have.
- See patient preparation for appropriate clothing to wear to the examination.
- You will be asked to lie down on an examination bed.
- Blood pressure cuffs will be applied to the upper arms and both ankles. These will be inflated whilst simultaneously using the ultrasound machine to detect the sound of blood flow (pulse).
- After this is done, and if you are physically able to, you will be asked to walk on a treadmill at a steady pace for a short amount of time.
- Once the exercise on the treadmill is completed, you will be asked to lie back on the examination bed and the blood pressure cuff inflation exam will be repeated.
- If you are not physically able to perform the treadmill exercise, you WILL NOT be performing that part of the examination.
- This scan is usually performed in conjunction with an arterial leg ultrasound (see above).

The results will be sent to the referring Doctor who will discuss and explain the outcome to you.