



Porter Medical Associates

ABI

Also called Ankle-Brachial Index test, is a test which compares the blood pressure in your ankles to the blood pressures in your arms. It is a safe and painless test that helps your physician determine if your legs are getting the proper amount of blood supply.

-Before your ABI.

No special preparations are needed. You may eat and go about your normal activities. *Please wear comfortable loose fitting clothes.* You may need to undress from the waist down and put on a hospital gown or you may prefer to bring along a pair of shorts.

-How is the ABI done?

You'll lie on your back. The technologist will place a blood pressure cuff on your ankles and arms. The technologist will then put a small amount of jelly on your ankles and arms, and a device called a transducer or probe. The blood pressure cuff will inflate and recordings will be taken of your ankles and arms. The test will take about 20 minutes.

-Why is the ABI done?

The ABI test gives your physician useful information in determining if there is adequate blood supply to your legs while determining if there may be a narrowing of the vessel that carries blood to the legs.

-After your ABI.

You may return to your normal activities after the test.

-Does it hurt?

The blood pressure cuff, as always, will create pressure, but the test is virtually painless, and many nap through it. 😊

-Your test results.

Your physician will discuss the test results with you at your next scheduled office visit. The information gained from the test helps your physician make an accurate diagnosis and develop a treatment plan that's best for you.



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| Table 3: ABI Value-Based PAD Severity Grade^a | |
|--|---------------------|
| ABI Value | Severity |
| >1.30 | Poorly compressible |
| 0.91-1.30 | Normal |
| 0.70-0.90 | Mild |
| 0.40-0.69 | Moderate |
| <0.40 | Severe |

ABI, ankle-brachial index; **PAD**, peripheral artery disease
^aBased on the American Diabetes Association guidelines

