

An Ankle Brachial Index is a test to check the circulation in your legs. This can help determine if there is any blockage that may be causing pain with exercise, numbness, skin discoloration or coldness in the legs.

Blood pressures are taken in your arms and legs and are compared for differences. If you are physically able, you may be asked to exercise by performing toe raises, after which blood pressures will be repeated in your arms and legs and compared to your resting pressures.

## Patient Instructions:

1. Allow 45 minutes for both legs.
2. Wear 2-piece clothing. Shorts are needed to perform test properly.
3. No smoking 12 hours prior to your test.
4. Take all of your regular medications, unless otherwise instructed by your physician.
5. Your physician will be notified of the results.

If you need to reschedule your appointment, please call 904.202.3111. If you have any questions about your test or your test instructions, please call the physician's office that referred you for the test.