



GATEWAY CARDIOLOGY, P.C.

ANKLE BRACHIAL INDEX INSTRUCTIONS

You are scheduled to have a special test on your legs called an Ankle Brachial Index to be performed in our office on _____ at _____ AM/PM. We realize that you may have some questions regarding this procedure and have created this pamphlet to help answer these questions. Below is a list of frequently asked questions and answers to assist you:

Are there any preparations prior to the exam?

Yes, here is a list.

1. If you smoke, please refrain for at least 2 hours prior to the test.
2. Take all of your medications prior to the exam, unless otherwise instructed by your physician.
3. Wear comfortable clothing and shoes.

How long does the test take?

The test usually takes about 30 minutes.

What is the test?

An Ankle Brachial Index is a test to check the circulation and blood flow of arteries in your legs. The test is noninvasive, which means no needles, catheters, or dyes are used. This can help determine if there is blockage that may be causing pain with exercise, numbness, skin discoloration, or coldness in the legs.

What does the test involve?

Ankle Brachial Index is performed by a trained sonographer or technician. The patient must be placed supine, without the head or any extremities dangling over the edge of the table. Blood pressures are taken in the arms and legs at several different sites. These results are then compared and studied for differences. You may be asked to perform toe raises if you are physically able, after which blood pressures will be repeated in the arms and legs and compared to the resting pressures. The test is painless, does not use radiation, and has few known risks.

Any questions?

If you have further questions, please contact our office, Kennerly at 314.729.0088 or Watson at 314.781.5677. Your physician will be notified of the results.

Where are we located?

10004 Kennerly Road, Suite 185, located on the 1st floor of Medical Building B on the Mercy South, f/k/a St. Anthony's Medical Center, campus.

DIRECTIONS: Travel Highway 270 to Tesson Ferry Road. Travel West on Tesson Ferry for approximately 1/2 mile. Turn right on Kennerly Road, then left at the first stoplight into the entrance of the hospital campus. If you are facing the front of the hospital, the building will be to the far left, **OR** 3915 Watson Road, Suite 100 located 2 blocks north of the Watson/Chippewa intersection, turn left onto Lindenwood, then left into our parking lot.

What should I do if I am unable to keep the appointment?

We realize that there are times and instances where you may not be able to keep this appointment and because of the costs of performing this test, it is imperative that you call us 48 hours before your scheduled time to cancel and/or reschedule.