

Your podiatrist has identified that you have may have Peripheral Arterial Disease (PAD). This test will help identify the extent of the disease to enable appropriate advice and referrals for treatment if necessary.

What to expect

The test will involve you lying flat and still for approximately 20 minutes.

Your ABPI will involve the clinician measuring the systolic blood pressure in both your arms and ankles. Systolic blood pressure refers to the pressure when your heart beats and forces blood around your body.

Your TBPI will involve a small cuff placed around your toe to measure the small vessels.

This is usually done using a machine called a Dopplex, however, as this does not work for everyone, the test can also be carried out using a blood pressure cuff and Sphygmomanometer (manually).

The clinician then divides the result from your ankle / toe by the result from your arm.

If your circulation is healthy, the blood pressure in both parts of your body should be exactly or almost the same and the result of your ABPI would be approximately 1.

If you have PAD, the blood pressure in your ankle will be lower, due to a reduction in blood supply; the results of the ABPI would be less than 1.

You will be informed of the results and offered any necessary advice as a result of the tests.

Toe pressure machine



ABPI test using dopplex machine



ABPI test undertaken manually



How should I prepare?

Allow approximately 45 minutes for your appointment. Please ensure you arrive at least **15mins** before your appointment time to enable you to relax prior to the test. Occasionally clinics run late please allow for this eventuality.

Please ensure that you wear **loose fitting clothing** that can be rolled up to enable the Podiatrist to fit the pressure cuffs around your arms and ankles.

Please inform the Podiatrist if you have been advised that you should not have your blood pressure taken by having pressure cuffs applied, e.g. lymph node removal or ever had a venous thrombosis (clot in leg vein).

Please avoid smoking and drinking tea/coffee/energy drinks (caffeine) 1 hour before your appointment.

Please take your medication as normal.

Appointment

Your Appointment has been made for

Clinic:.....

Please allow plenty of time for parking.

If you cannot keep your appointment please let the department know as soon as possible 01803 217712.

This document can be made available in other languages and formats. For more information:

Telephone 01803 217712



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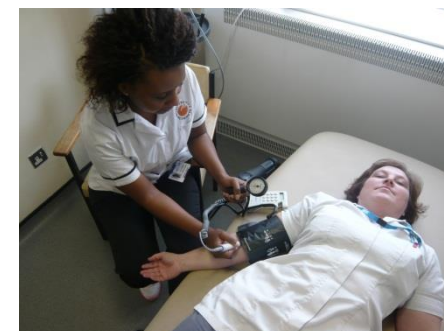


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Torbay and South Devon **NHS**
NHS Foundation Trust



**PATIENT
INFORMATION**



Ankle Brachial Pressure Index (ABPI)/ Toe Brachial Pressure Index (TBPI)

Department of Podiatry and Foot
Health

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