

Having an ABPI test or walk test to check blood supply to your legs

Vascular Studies Unit

Information for Patients

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Introduction

Your appointment letter will tell you the **date and time** of your appointment. It will also tell you the **hospital you need to go to**. Please make sure to read all of this carefully.

What is an ABPI test?

An ankle brachial pressure index (ABPI) is a painless test. The test looks at the blood flow in your ankle. We compare blood flow in your ankle to the blood flow in your arm. This helps us to see the overall blood flow in the arteries to your legs and feet.

We use a small handheld machine called a Doppler. This machine uses ultrasound to look at blood flow.

This test helps to check for any problems with the arteries in your legs.



What is a walk test?

Along with the ABPI test we can ask you to do a walk test. You will only do this test if your consultant has asked for you to do it.

We will ask you to walk for a few minutes. We will then do the ABPI test again. This helps us to see if there are any changes to the overall blood flow after a walking exercise.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What happens during the test?

We will take you into a room for the test. We will explain the test to you. You can ask any questions here. You will sit on the couch and take off your shoes and socks. You will move clothing from around your lower legs and arms.

ABPI test:

We will put a blood pressure cuff just above your ankle. We will put a small amount of water based gel on your foot. We will use the Doppler probe to listen to the blood flow. The blood pressure cuff will inflate. When it releases the pressure we will take a blood flow reading.

We will also do this on your arm.

These readings will help us to see the overall blood flow in your legs.

Walk test:

We will ask you to walk along the corridor. You will do this for 3 to 5 minutes. We will then repeat the ABPI test.

How do I prepare for the test?

You do not need to do anything to prepare for the test.

You may eat and drink as normal.

Hearing aids and pacemakers are not affected by this test.

You will need to wear loose fitting clothes that can be easily removed or rolled up. This is to make it easier to put the pressure cuff on the arms and ankle.

Please tell us before your appointment if you have any bandages or dressings on your legs. We will need to make special arrangements for your appointment.

If you have been prescribed:

- an inhaler for asthma
- glyceryl trinitrate (GTN) spray for chest pain (angina)

Please bring these to your appointment.

Who will be doing the test?

A specialist in vascular ultrasound (clinical vascular scientist) or a vascular technician will carry out the test. They may be male or female.

As we are a teaching hospital, students may also be in the room. If you do not want any students to be in the room during your appointment, please let us know.

How long will it take?

An ABPI test will take about 15 minutes. A walk test may take 15 to 30 minutes.

What happens after the test?

You can wipe the gel off. You can get dressed and go home. You may eat and drink normally.

How do I get the result?

We will send the results to the consultant who referred you. Where possible, the clinical vascular scientist will explain the results to you. If you do not know how to get your results please ask a member of staff.

Can I bring a friend or relative with me to my appointment?

You may want to bring a friend or relative with you. They can also be the person taking you home after the appointment. Having this person can be useful if you do not speak or understand English very well. It can be helpful if you have any special needs. But they may not always be allowed into the test room.

We do not have childcare facilities. If you need to bring children with you to your appointment please bring another adult who can watch over them whilst you are having your test.

Special requirements

Please call us if you have any special needs like a disability or language and communication need. Call the number on your appointment letter as soon as possible. We will make arrangements to help support you.

Shops and refreshments

You can get hot/cold drinks and snacks at the hospital. Please ask a member of staff for directions.

Contact details

Vascular Studies Unit: Level 1, Glenfield Hospital, Groby Road, Leicester LE3 9QP

For queries and appointments: 0116 258 5440 (Monday to Friday: 8.30am to 4.30pm)

More information

Visit our website:

<https://www.leicestershospitals.nhs.uk/aboutus/departments-services/vascular-studies-unit/>

How to give us your feedback

If want to make any comments about your visit to the Vascular Studies Unit or if you have any suggestions about how we can improve our services, please write to us or speak to a member of staff. You can also complete a comments card available in our reception.

If you have any questions, write them down here to remind you what to ask:

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk