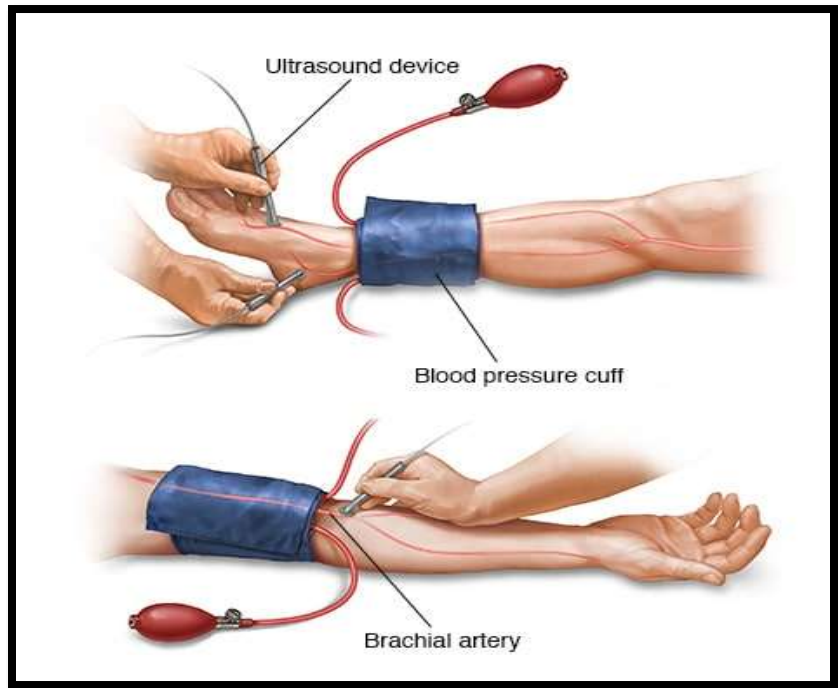


Ankle Brachial Index

Your doctor has requested an ultrasound of your groin, arm and ankles to analyze the blood flow in your arteries.

Ultrasound is a procedure that uses sound waves to "see" inside your body. This procedure is performed to evaluate possible narrowing of the blood vessels, resulting in symptoms including:

- Leg pain when walking
- Resting leg pain
- Foot, ankle, heel or toe ulcers
- Skin discoloration



During Your Exam

- The vascular technologist will explain your exam and answer any questions you may have.
- Your procedure will be performed with you lying on the exam table on your back with your hands at your sides or on your stomach.
- The technologist will apply a warm gel to your groin area, ankles, legs and arms.
- A transducer, a small device similar to a microphone, will be placed over various locations on your ankles and legs.
- Additionally, blood pressure readings will be taken of your ankles and your arm. You will not feel any pain; however, you will feel mild pressure from the blood pressure cuff and the transducer.
- Sound waves will bounce off the blood that is moving in your arteries (tubes that carry blood from your heart). This creates "echoes." The echoes are reflected back to the transducer.
- A television monitor shows images as the transducer converts the echoes into electronic signals.
- You may hear unusual sounds as the technologist views and records the blood flowing through the veins and arteries in your legs.

How should you prepare?

- There is no preparation for this procedure.
- The test takes approximately 15-30 minutes.