

Patient Information

## Vascular Investigations Unit

# Ankle brachial pressure index

This information will help you prepare for your visit to the Vascular Investigations Unit.

Please read all the information enclosed about your appointment.

### Important

Please contact the Department as soon as possible if:

- **you have special needs**
- **you will be using ambulance transport to attend your appointment**

**Telephone: 024 7696 8212**

**Monday – Friday, 9am – 5pm**



### **What is an ankle brachial pressure index?**

An ankle brachial pressure index is a painless procedure used to check the blood flow in your legs.

We will measure the blood pressure in your arms and legs with a blood pressure cuff. We then rest a tool called an ultrasound probe on your skin to listen to the blood flow.

Sometimes this is combined with a walking test on a treadmill if your doctor/nurse has asked us to assess your walking distance.

If we cannot get a measurement on the leg, we may attempt different method. Here, a small cuff is placed around your big toe to measure your blood pressure.

### **Preparation**

You can eat and drink as usual for the test. Take all your medicines as usual.

Hearing aids and pacemakers are not affected by the scan.

### **What will happen when I come for my scan?**

You will be seated in our reception area (shared with Nuclear Medicine). A member of the Vascular Investigations Unit will call you in for your appointment.

As a teaching hospital, students or trainees may be present during your examination. If you wish, you can request they not be present.

We will ask you to confirm your name, date of birth, and home address. Then we'll explain the procedure, and sometimes ask you questions about your health. You will have the opportunity to ask any questions about the scan.

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You will be asked to remove your shoes and socks/tights/stockings. You will need to pull up your sleeves or remove any clothing on your upper body so we can access upper arm.

If the upper arm cannot be exposed enough to position the cuff, you may need to remove some items of clothing. If possible, please wear loose-fitting clothing to allow easier access to your upper arm and lower legs. We can provide a hospital gown if you wish.

Your test will be performed with you lying flat on an examination couch. If you cannot lie in position (due to back problems, breathing problems, etc.), we can adjust your position to make sure you're comfortable.

After resting for 10 to 15 minutes, the test will begin. The blood pressure cuff will be inflated around your arm and leg, and then slowly released to record the blood pressure.

We will apply a small amount of ultrasound gel to your arm and foot/ankle. The gel applied to the skin is water based, and non-irritating.

The procedure shouldn't take longer than 30 minutes, but this can vary from patient to patient. If a walking test is needed, this should take an extra 15 minutes.

If you have additional scans booked, these will be done during the same visit. So, your appointment might take longer than usual.

### **What happens after the scan?**

You will **not** be given any results on the day. We are not permitted to discuss these with you.

After the scan, a formal report will be given to the referring consultant to review. They will usually follow up with you within 14 days.

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### Directions

The Department is a short walk from the main entrance on the ground floor. To find the Vascular Investigations Unit:

- Enter the hospital through the main entrance and turn left onto the west wing.
- Follow the signs for X-ray along the corridor. X-ray is on the left, just past Fracture Clinic.
- Enter the X-ray reception and continue ahead, following signs for Nuclear Medicine.
- The Vascular Investigations Unit is found through the double doors. You will enter the main reception area of the Department.

### Car parking

Hospital car parking is available to all hospital patients and visitors. Spaces are limited, so please allow plenty of time to find a car parking space. You will have to pay for parking.

More information on directions, parking charges, and site maps is available on the Trust website ([www.uhcw.nhs.uk](http://www.uhcw.nhs.uk)).

### Bringing someone with you

You may wish to bring a friend or family member with you for your scan. They may be useful if you do not speak English well or have any special needs.

Please do not bring children or pregnant women with you.

### Facilities available in the hospital

- Chilled water dispenser in the Department
- Costa Coffee, M&S Food Court and WHSmith shop in the main reception foyer
- Three hospital restaurants

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### More information

We would like to make your visit as pleasant as possible. If you have any concerns, please talk to the person looking after you or contact us on 024 7696 8212.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 024 7696 8212 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

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