When will I get my test results?

You will normally be given the Doppler results on the same day as your appointment.

The clinician will discuss the treatments that are available to you, which may include, wound treatment, medicine and lifestyle changes or support around exercise and reduction of smoking.

Depending on your ABPI results, you may be referred to a vascular specialist and/or dermatologist for their opinion. Your clinician will explain the reasons for this and what will happen next.

If you have a wound on your leg or foot the treatment will usually be started on the same day as your test. The clinician will arrange further appointments for wound review, changes of dressing or compression therapy for you.

The clinician will tell you when the ABPI will be checked again, which is usually between 3 and 12 months.

To find out whether you have a Leg Club near you, or for any further information about Leg Clubs or the Leg Club model, email **lynn.bullock@legclubfoundation.com** or visit **www.legclub.org**

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What is an Ankle Brachial Pressure Index (ABPI)?

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What is an Ankle Brachial Pressure Index (ABPI)

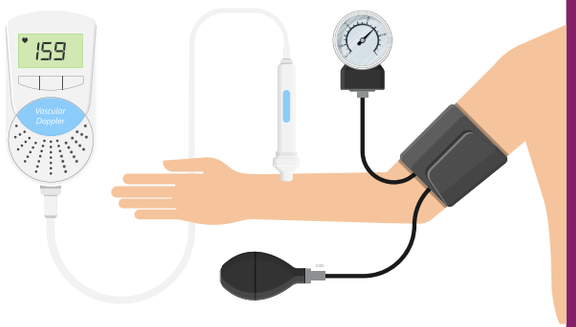
The ABPI is a test to assess the blood supply to your feet that is carried out by comparing the blood pressure in your arm to the pressure in the ankles or toes.

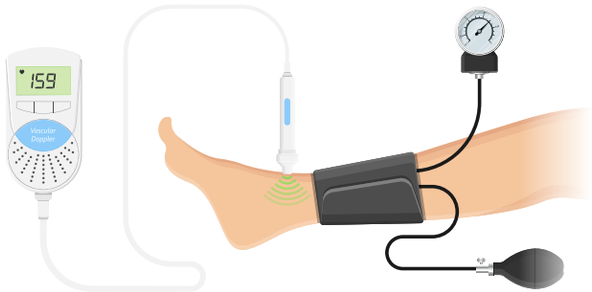
Where will the test take place?

The test will either take place in your own home or in a clinic setting depending on the service you have been referred to.

What does the test involve?

- The test will take about 15 to 30 minutes.
- You will be asked to remove your shoes and socks and any long sleeved tops so that the blood pressure cuff can be placed around your upper arm.
- To get the best results you will be asked to lie as flat and still as possible while the test is being carried out.
- If you've a wound on your leg or foot, the clinician will cover and protect it for the test.
- A blood pressure cuff will be placed first around one arm then the other and then around your leg just above the ankle, or possibly around your big toe.





- Gel may be applied to your skin to help the clinician listen to the sound of your blood supply.
- The doppler machine may be noisy and this is normal.
- The blood pressure cuff is inflated and then deflated slowly just like when you have your blood pressure taken.
- If you normally have pain in your legs it may be advisable to take some painkillers just before your assessment. Although the test itself should not be painful, you may feel a slight discomfort when the blood pressure cuff is inflated.
- When the test is finished the clinician will sit you up.