

Measurement of arterial pressure in the lower limbs at rest (ABI)

Why is this measurement done?

ABI tells us about the arterial blood flow in your lower limbs and any problems with it. It is measured by checking the blood pressure in your ankles and toes at rest. Impaired arterial blood flow in the lower limbs is usually caused by arteriosclerosis.

How should I prepare for the measurement?

Blood pressure is affected by caffeinated beverages, tobacco, and alcohol. For the measurements to be reliable, please refrain from the following before the test:

- tobacco, snus, e-cigarette and other tobacco products for at least **two hours**
- coffee, tea, cola, and other stimulating drinks for at least **four hours**
- alcohol for at least **two days**

You may take your medications and eat normally on the day of the measurement.

If you have Comprilan compression bandage on your lower limb, do not remove it before the examination. The bandage doesn't prevent the examination.

Some parts of the hospital are far from each other, so wheelchairs can usually be borrowed at the main entrance to assist visitors with limited mobility.

How is this measurement done?

You will need to take off your shoes and socks. You will lie down on your back on the examination table. We will attach blood pressure cuffs to your arms, ankles and toes. We will also tape small sensors to your arms and legs to record your blood flow. The cuffs and sensors will be used to measure the blood pressure in your arms, ankles and toes several times. At least three sets of measurements will be taken.

How long will the measurement last?

The measurement takes about 30 to 45 minutes.

Where can I get the measurement results?

The ward or clinic that is treating you will tell you about the measurement results.