



Elite Cardiovascular Group  
Dr. Nalluri & Dr. Asti

### **Ankle Brachial Index (ABI) Instructions**

**Request:**

- Please arrive **10 minutes early** for your scheduled appointment. If you are more than 15 minutes late, you will be rescheduled

**Preparing for the test:**

<b>Morning of appointment</b>	<ul style="list-style-type: none"><li>• <b>DO NOT</b> use any creams, lotions, ointments, oils, or powders over your <b>legs or arms</b> the day of the test</li><li>• Wear loose-fitting comfortable clothing: 2 piece and sneakers <b>NO</b> jumpsuits, overalls, or one-piece dresses</li><li>• Please bring a list of medications and/or actual bottles (including over the counter and herbal supplements). We need <b><u>complete</u></b> medication names &amp; dosages</li><li>• Dr. Nalluri or Dr. Asti will discuss the test results</li></ul>
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