



What is an Advanced Lower Limb Assessment?

- An Advanced Lower Limb Assessment is a detailed check of the health of your legs and feet. It looks at blood flow, skin health, and nerve function. These tests are quick and non-invasive, meaning nothing is put into your body.
- You may have one or both of these tests on the day of your appointment:
 - **Ankle Brachial Pressure Index (ABPI):** This test compares the blood pressure in your ankle to the blood pressure in your arm to see how well blood is flowing to your legs.
 - **Toe Brachial Pressure Index (TBPI):** This test compares the blood pressure in your toe to the blood pressure in your arm to see how well blood is flowing to your feet and legs.

Benefits of an Advanced Lower Limb Assessment

- Helps find poor blood flow in the legs, called Peripheral Arterial Disease (PAD).
- Helps healthcare providers decide on the best treatment.
- Helps determine if a referral to a specialist is needed.
- Tracks changes in blood flow over time.
- Provides information that may help prevent serious problems caused by Peripheral Arterial Disease.

Risks of an Advanced Lower Limb Assessment

- There is very little to no risk with an advanced lower limb assessment.
- There may be temporary discomfort when the blood pressure cuff tightens around your ankle or toe.
- There may be mild redness from the blood pressure cuff, but it usually goes away quickly.

What to Expect During the Test

- You will lie flat on your back for about 30 minutes.
- A blood pressure cuff will be placed on your arm and either your ankle or toe.
- A small ultrasound device will be used to listen to blood flow while the cuff inflates and deflates.
- Your healthcare provider will explain the results.
- A plan of care and next steps will be discussed with you. This may include lifestyle changes or a follow-up visit with your family doctor or nurse practitioner.

Preparation Instructions for an Advanced Lower Limb Assessment

- Following preparation instructions helps ensure accurate test results; please:
 - Keep taking your blood pressure, cholesterol, and diabetes medications unless your healthcare provider tells you otherwise.
 - Avoid smoking, vaping, or heavy exercise for at least 1 hour before the test.
 - Avoid caffeine the day of the test.
 - Empty your bladder just before the test.
 - Wear loose, comfortable clothing. Pants should be easy to roll up above your knees.
 - Bring a current list of your medical conditions and all prescription and over-the-counter medications.

Questions? If you have questions, contact your healthcare provider.

