

ABI, CPX & NERVE CONDUCTION TESTING

ABI - ANKLE BRACHIAL INDEX

The Ankle Brachial Index test is a systolic blood pressure comparison between your arms and ankles, which evaluates your peripheral blood flow. The Cardiovascular Technician will place blood pressure cuffs around your arms and ankles.

1. You will be asked to remove your shoes and socks for this test, so make sure they are easy to take off and put back on. Please **DO NOT** wear nylons, hose, stockings or compression hose.
2. Please wear comfortable walking shorts or loose-fitting sweatpants. You may be asked to remove pants, jeans, khakis or slacks if they are close fitting around legs or ankles.
3. Do not wear any jewelry, bracelets or rings on ankles, hands, wrists or toes.
4. Please inform the technician if you have any open wounds or sores on your upper or lower arms or legs.

CPX - COMPLEX CARDIO-PULMONARY STRESS FUNCTION TEST

Our office uses the newest technology to measure exhaled CO₂ and pulse oximetry to evaluate your pulmonary and cardiac functions. The Cardiovascular Technician will supervise, while you are stepping (up and down) onto a low footstool.

1. Wear comfortable walking shoes or tennis shoes. Please **DO NOT** wear sandals, slippers, flip-flops, open-toed shoes or heels, because you will be stepping (up and down) onto a stepping stool.
2. Bare feet, stockings and nylons are **NOT ALLOWED** due to safety issues.
3. Please inform the technician if you have any orthopedic (muscle, joint, bone, ligament or walking) issues.
4. Do not wear any jewelry, bracelets or necklaces.

NERVE CONDUCTION

1. You will be asked to remove your shoes and socks for this test, so make sure they are easy to take off and put back on. Please **DO NOT** wear nylons, hose, stockings or compression hose.
2. Please wear comfortable walking shorts or loose-fitting sweatpants. You may be asked to remove pants, jeans, khakis or slacks if they are close fitting around legs or ankles.
3. Do not wear any jewelry, bracelets or rings on ankles, hands, wrists or toes.
4. Please inform the technician if you have any open wounds or sores on your upper or lower arms or legs.

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