Other formats:
If you would like this information in another language or audio, please contact Interpreting services on telephone: 01223 256998, or email: interpreting@addenbrookes.nhs.uk

For Large Print information please contact the patient information team: patient.information@addenbrookes.nhs.uk

We are a smoke-free site: smoking will not be allowed anywhere on the hospital site.
For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

How to comment on your care
We always aim to provide the best possible service, and staff will be happy to answer your questions. However, you can also contact the Patient Advice and Liaison Service (PALS) with any compliments or concerns by telephone 01223 216756 or email pals@addenbrookes.nhs.uk

Contacts/further information
If you require further information, please do not hesitate to contact the Vascular Studies Unit (VSU) on telephone: 01223 348117.

Vascular Studies Unit
Patient Information

A pre and post exercise ABPI (walking/treadmill test)
What is consent?
Before your test is performed you must give your consent or permission. Consent is the process by which you give permission to health professionals to provide your care and treatment. It may be implied (offering your arm for a blood pressure reading) or formal (signing a formal consent form for an operation). In either case your consent must be given voluntarily and you must have all the information you need to make a decision. If you feel you do not have enough information or do not understand the procedure please ask.

How is a walking test performed?
There is no preparation needed and you may eat and drink as usual prior to the test. You will not need any trainers as we will ask you to walk in bare feet on the treadmill.

A clinical vascular scientist (who might be male or female) will perform and interpret your test. You will be asked to remove your shoes and socks, roll up your sleeves and lie on the couch. A blood pressure cuff will be placed around your arms and ankles. A small amount of gel will be placed on your arm and your ankles, and a “pencil” like device called a handheld doppler will be used to listen to the blood flow. The blood pressure cuffs will be pumped up to determine the blood pressure at your arms and ankles. This may feel tight but should not be painful.

You will then be asked to walk on the treadmill at your normal pace for a maximum of five minutes. Whilst you are walking on the treadmill, the scientist will ask you to tell them if you get any pain in your legs, and where the pain is (this will be documented in the final report).

After this, you will lie back down on the couch and the blood pressure will be taken at your arms and ankles again. The investigation takes up to one hour. During the test, you may hear some “swooshing” noises from the handheld doppler. These sounds are normal.

Risks/Side Effects
If you have any breathing difficulties, heart problems or balance problems please let the clinical vascular scientist know before you walk on the treadmill. We may need to adapt the test accordingly.

What happens next?
The clinical vascular scientist can comment briefly on the findings and will write a report for the consultant who requested the test. You will be able to discuss the results of this investigation fully with the referring team at your next outpatient appointment.

In rare cases, the clinical vascular scientist may need to discuss the result with a doctor before you leave.