

Ankle Brachial Indices (ABI) Ultrasound Scan

Your doctor has requested an ultrasound of your groin, arm and ankle(s). Ultrasound is a procedure that uses sound waves to “see” inside your body. This procedure is performed to evaluate possible narrowing of the vessels in your leg(s) resulting in symptoms including leg pain when walking, resting leg pain, foot, ankle, heel or toe ulcers, or skin discoloration. At the Cedars-Sinai S. Mark Taper Foundation Imaging Center, we have a specialized team of physicians, nurses, and technologists who are experts in Ultrasound radiology.

Before your exam:

- There is no preparation for this procedure.
- We want to make your waiting time as pleasant as possible. Consider bringing your favorite magazine, book or music player to help you pass the time.
- Please leave your jewelry and valuables at home.

During your exam:

- The Vascular Technologist will explain your exam and answer any questions you may have.
- Your procedure will be performed with you lying on the exam table on your back with your hands at your sides or on your stomach.
- The technologist will apply a warm gel to your groin area, ankle(s) and arm(s).
- A transducer, a small, microphone-like device, will be placed over various locations on your ankle(s) and leg(s).
- Additionally, blood pressure readings will be taken of your ankles and your arm. You will not feel any pain; however you will feel mild pressure from the blood pressure cuff and the transducer.
- Sound waves will bounce off the blood that is moving in your arteries (tubes that carry blood from your heart). This creates “echoes”. The echoes are reflected back to the transducer.
- A television monitor shows images as the transducer converts the echoes to electronic signals. These images may be viewed immediately, or photographed for further study.
- Additionally, you may hear unusual sounds as the technologist views and records the blood flowing through the veins and arteries in your leg(s).

(over)

- Your exam will take approximately 15 minutes; however, in some cases you may be asked to do some exercises which will take additional time. The exercises could be 30 minutes or more.

After your exam:

- There are no post-exam instructions.
- Your study will be reviewed by a vascular surgeon and the results sent to your physician. Your physician will discuss these results with you and explain what they mean in relation to your health.
- If you have any problems related to your procedure, please call (310) 423-8000.
- To request a copy of your report, call (310) 423-8000.

Parking at the Cedars-Sinai Medical Center:

- Taper Imaging Center parking is located in **Lot 7** at the **corner of San Vicente Blvd. & Gracie Allen Dr.** (Alden Dr.). Enter off Sherbourne Drive.
- Parking is partially validated and validation is available in the imaging center lobby.
- Or, park in the Medical Center North Tower off George Burns Road.
- There is a large metal sculpture in the shape of the number “8” in front of the S. Mark Taper Foundation Imaging Center.
- There is a curbside patient drop-off zone on Gracie Allen Dr.