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## Information for patients having an Annual Diabetic Assessment

### How can I prepare for my assessment?

- Do not smoke for at least 10 minutes before your assessment.
- Bring an up-to-date list of your medication.
- Wear loose fitting clothes.

You will be asked to remove your shoes and socks and lie on a couch. Your assessment consists of two parts and will last around 30 minutes.

### 1. Ankle Brachial Pressure Index (ABPI) test.

#### What is it?

An ankle brachial pressure index is a test which measures the arterial circulation (blood vessels that carry blood away from your heart) in your legs.

#### Why do I need it?

It will provide your doctor with information about how your leg arteries are functioning when you are at rest.

### How is it done?

Your Podiatrist will measure the blood pressure in both your feet and arm using a cuff and small machine called a Doppler.

## 2. A Neurological Assessment

### What is it?

This is an assessment to measure and monitor the development of neuropathy (nerve dysfunction) in your feet.

### Why do I need it?

It will provide your doctor with information about how the nerves in your feet are functioning and if neuropathy exists it can be monitored, and advice given.

### How is it done?

Your Podiatrist will test several areas on your feet to assess the sensory threshold using a 10mg monofilament and sharp/blunt tip. They will also measure your vibration threshold using a Vibratip®.

### What will happen after my assessment?

Once the assessment is complete, your podiatrist will discuss the results with you and write a report to your GP who will determine if you require any further specialist treatment.