GRAHAM HEALTH SYSTEM

6-Minute Walk Test (6MWT) Patient Instructions

A 6-Minute Walk Test (6MWT) measures how far you can walk in six minutes and helps your provider evaluate your heart and lung function during activity. This test may be used to assess shortness of breath, determine oxygen needs, monitor disease progression, or evaluate your response to treatment.

To Prepare for Your Test:

Before Your Appointment

- Arrive at least 15 minutes before your scheduled appointment.
- Take your medications as prescribed unless instructed otherwise by your provider.
- Bring a current list of your medications.
- If you use oxygen, please bring your portable oxygen equipment, if applicable.
- Wear comfortable clothing that allows for easy movement.
- Wear comfortable walking shoes. Sandals, flip-flops, and high heels are not recommended.

Please Avoid:

- Strenuous exercise immediately before your appointment.
- Smoking or vaping for at least 1 hour before testing.
- Eating a large meal immediately before your appointment.

During Your Test

A Respiratory Therapist will instruct you to walk at your normal pace for six minutes. You may slow down, stop, and rest if needed during the test, but you will be encouraged to resume walking as soon as you are able.

During the test, your oxygen level, heart rate, and symptoms may be monitored.

Please notify the Respiratory Therapist immediately if you experience:

- Chest pain
- Dizziness or lightheadedness
- Severe shortness of breath
- Leg pain
- Excessive fatigue
- Any symptoms that concern you

Oxygen Use

If you currently use supplemental oxygen, portions of the test may be performed without oxygen or at your prescribed oxygen setting, based on your provider's order. Your Respiratory Therapist will provide instructions and closely monitor you throughout the test.

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Assistive Devices

If you normally use a walker, cane, rollator, or other mobility aid, please bring it with you to your appointment. The test should be performed using your usual assistive device to best reflect your daily activity level.

Results

The results of your 6-Minute Walk Test will be reviewed by your provider and discussed with you at a follow-up appointment.

Need to Reschedule?

Please contact Scheduling at **309-647-5240 ext. 2860** at least 24 hours before your appointment.

Questions regarding your test may be directed to the Respiratory Department at **309-647-5240 ext. 2655**.