

# Six Minute Walk Test

Instructions for patients

## **You will do this test at the Pulmonary Function Lab:**

### **Toronto General Hospital**

585 University Avenue, Norman Urquhart Building, 10<sup>th</sup> floor, room 1018

📞 Phone: 416 340 4086

## **What is a six minute walk test?**

During this test, you walk quickly on a regular floor or hallway. While you do this, we measure the distance you walk and your oxygen saturation (how much oxygen your red blood cells are carrying). This test takes about 30 minutes to complete.

## **How do I prepare for the test?**

- Bring your health card (OHIP card) to the appointment.
- Don't do any heavy exercise 2 hours before the test. For example, don't go jogging or do an activity that causes you to become out of breath.
- Don't wear any scented products. For example, don't wear perfume or lotion.
- On the day of your test, you must wear shoes with closed toes and heels. We won't do the test if you are not wearing the proper shoes.
- If you need to use a walking aid, like a cane or walker, you may use it during the test.
- If your doctor prescribed you oxygen, you may use it during the test.
- Talk to your doctor and follow their instructions about whether or not to stop taking some of your medicines before this test.