

## Monmouth Pulmonary Consultants

### **6 Minute Walk Test (6MWT)**

#### **(Patient Instructions)**

##### **What is a 6 MWT?**

A 6 Minute Walk Test (6MWT) is a test ordered by your pulmonary provider to assess for evidence of exercise induced bronchospasm, exercise capacity, oxygenation status, and overall lung function. We also use this test at times to assess your response to certain medications. This test can be done either by using a treadmill or walking through the hallways if you are unable to use a treadmill. It is done completely at **YOUR OWN PACE!** During this test you will be able to speed up, slow down, or even stop briefly if needed. Our skilled Respiratory therapists and Nurse Practitioners perform the testing and work closely with each individual to ensure the safest and most comfortable environment and experience. We encourage you to talk to our skilled staff if you are feeling SOB, pain, or discomfort during your test. Once completed you will sit and discuss results with your pulmonary healthcare provider.

##### **How should you prepare for a 6MWT?**

1. Comfortable clothing should be worn on the day of your test.
2. Appropriate footwear should be worn (preferably sneakers or shoes with a rubber sole)
3. Walking aids can be used if the test is done in the hallways (this is if you cannot tolerate the treadmill)
4. If your walk is done on the treadmill, there are safety rails to hold onto throughout the test
5. Continue all current meds as prescribed
6. It is okay to eat a light meal prior to the test
7. If you normally exercise, we ask you to refrain from vigorous exercise at least 2 hours prior to your scheduled testing time.
8. If you use oxygen therapy, we ask you to bring your oxygen with you. We will perform the test with your oxygen.

##### **What to expect prior to the test?**

1. Please empty your bladder prior to test.
2. Your blood pressure, heart rate and respiratory rate will be taken for baseline data
3. You will then have a pulse oximeter probe attached which will remain for the entire duration of the test to ensure your oxygen levels are at a normal safe level.

4. If at any time your oxygen levels drop to 88% or lower, supplemental oxygen will be placed on you for safety.
5. We will still encourage you to complete the test even if oxygen is required.

During the test.... Expect the skilled professional to closely monitor your vitals and oxygenation status. If oxygen is required it will be provided.

**If at any time the test needs to be stopped for medical reasons we will safely stop the test and continue to monitor you while you rest and until you have stabilized.**

