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6 Minute Walk Test (6MWT)

A 6-minute walk test is a type of exercise test that measures how far you can walk in 6 minutes as well as measure oxygen levels during activity. It is a simple test that requires minimal equipment and allows you to walk at your own pace.

What does a 6-minute walk involve?

Before the test starts you will be fitted with pulse oximeter either on your finger or earlobe that measures your oxygen saturation and heart rate continuously during the test. These measures are recorded at set intervals and documented in the report. You will usually be asked to walk over a 6-minute period, and you can rest whenever you need and this time will be included within the 6 minutes of the test. We will record the distance you achieve.

The test may be performed using supplemental oxygen if you are currently using this or may require it.

You can terminate the test at any point if you feel you cannot continue. We will also terminate the test if we notice something concerning before the end of the 6 minutes.

How should I prepare for the test?

- Please take all medication as normal before the test.
- Wear comfortable clothing and footwear that is appropriate for walking
- Please bring any walking aids required such as walking frames or sticks.
- Refrain from wearing nail varnish

Please let us know before the test if you have difficulties walking or have any concerns about performing the test.

How will I be informed of the results?

The results will be discussed with you after completing the walk test.