

## Six Minute Walk Tests

This test requires you to walk up and down a long flat corridor for 6 minutes to see how far you can walk. You will be able to walk at your own pace and can stop and rest as many times as you need to.

This is not a treadmill test and you will not be expected to run or jog. If you use walking aids, for example a walking stick, you will be able to use this as normal.

You will be asked how breathless you feel at the beginning of the test and then at the end of the test.

During the walk your oxygen levels may be monitored by a small probe placed on your finger. This is not painful, but will establish if your oxygen level remains constant whilst exercising.

Please wear comfortable, loose clothing and sensible shoes for the test and do not exercise energetically for at least 2 hours before your test. Also try to avoid eating a large meal before your test.

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## Further information and advice can be obtained from:

List any appropriate support groups / telephone / web / email addresses.

**NHS Direct**

 0845 46 47

**NHS Direct online**

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**British Lung Foundation:**

[www.lunguk.org](http://www.lunguk.org)

**Association for Respiratory Technology and physiology (ARTP)**


[www.artp.org.uk](http://www.artp.org.uk)

**MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the PALS Team. We will do our best to arrange this for you.**


## Patient Advice and Liaison Service (PALS)

If you would like to comment on Trust services, have concerns or need information, you can contact the Patient Advice and Liaison Service (PALS). PALS will listen to your views and using a wide range of contacts and resources, help find ways of resolving any queries or difficulties. The PALS Team can be contacted at Maidstone or Kent and Sussex Hospitals, Monday to Friday 10.00am to 4.00pm.

Telephone: Maidstone Hospital

 01622 224960

Tunbridge Wells at Pembury Hospital

 01892 632953

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