



6 MINUTE WALK TEST

Appointment Date: _____

Appointment Time: _____

What is the 6-Minute Walk Test (6MWT)?

The 6MWT is a non-invasive exercise test used to measure a patient's endurance and functional capacity by measuring the distance walked over 6 minutes.

Most often, the 6MWT is indicated when your medical team wants to measure your body's response to medical intervention(s) for moderate to severe heart or lung disease. This test is also sometimes used for one-off measurements of functional status and as predictor of morbidity and mortality. If you are curious about why you have been recommended to undergo this type of testing, we encourage you to speak with your C-Health physician.

What to Bring to Your Appointment:

- Wear comfortable, loose-fitting clothes and a pair of closed-toed shoes
- Take all medications as normal unless advised by your physician or a member of staff
- A light meal before the test is recommended, particularly if you have diabetes
- Abstain from any vigorous exercise within 2hrs before the 6MWT

What to Expect:

You will be walking on a treadmill for 6 minutes. We will monitor your ECG, vital signs, and symptoms while you are walking. You can walk at any pace on the treadmill, and you are permitted to stop to rest at any point during the 6 minutes. The aim of the test is to determine the maximum distance you can walk in 6 minutes at your own pace. You will be given more detailed instructions immediately prior to the test.

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