

PCI Medical Pavilion
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800/982-1959 or 319-481-6213

Regional Medical Center
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Manchester, IA 52057
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Unitypoint.org/cardiologyclinic

6 Minute Walk Test (6MWT)

What is a 6 Minute Walk Test (6MWT)?

A 6MWT is a simple test that measures the distance you can walk on a flat, hard surface—a hallway. There is no exercise equipment used for this test. The test allows you to choose how fast you move and also allows you to stop and rest.

Why is a Treadmill Stress Test performed?

The 6MWT reflects your exercise ability for daily physical activities. The test allows your doctor to measure how changes in medications or procedures help improve your activity level.

How long does the 6 MWT take?

You need to allow 30 minutes in your schedule for the test.

What should you expect before the procedure?

You will rest for 10 minutes before the walk is started. During this rest period, you will be asked to rate your breathing and level of exertion.

Specific Preparation:

- Do not eat one (1) hour prior to the test start time. (Water and juices are allowed.)
- Do wear or bring with you a pair of walking shoes for testing. No sandals.
- Bring your cane or walker to use for testing.
- If you use oxygen at home, bring this with you to use for testing.
- Take all medications as prescribed.
- Do not exercise two (2) hours before the test.

What should you expect during the 6MWT?

- The test will be explained to you.
- Your blood pressure, heart rate, and oxygen saturation will be measured before and after you walk.
- You will walk in a hallway for 6 minutes at your own pace. The total distance you walk will be measured.
- During the test you are allowed to stop and rest.
- At the end of the test, you will be asked to rate your breathing and level of exertion.

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What should you expect after the test?

Your doctor will review the test information and make recommendations that may improve your physical exercise ability.

When will you know the results of your test?

The results of the test will be reviewed by a board certified cardiologist and will be sent to the doctor that ordered the test for you. The test results will also be sent to your family doctor. It may take 3 to 4 days before you know the results of your test.

Important Billing Information

If you are unable to keep your testing appointment, you must contact UnityPoint Health-Cardiology Clinic 24 hours prior to your test time. Scheduled testing appointments that are missed or cancelled without the 24 hour advance notice may be subject to charges for pharmaceuticals or supplies specifically ordered for your test.

Appointment:

Date: _____

Time: _____