

**Cardiopulmonary Exercise Physiology Laboratory
NewYork-Presbyterian Morgan Stanley Children's Hospital
Six-Minute Walk Test**

Dear _____,

You or your child are scheduled for a Six-Minute Walk Test on _____ at _____ AM/PM.

Location:

NewYork-Presbyterian Morgan Stanley Children's Hospital
Pediatric Cardiopulmonary Exercise Lab
Pediatric Pulmonary Division
3959 Broadway at 165th Street, 7th Floor Central, Room 711 & 712
New York, NY

What is it?

A six-minute walk test measures how much distance you walk over the allowed time. Your oxygen saturation levels and heart rate are measured before and after the test. You will be asked to rate on a scale of 0-10 how short of breath the walk has made you. This test may be ordered for people with shortness of breath, known structural heart disease, or individuals who may be participating in a clinical drug trial.

Why is it done?

The test is done to find out how far you can walk for six minutes and how your heart rate and oxygen saturation levels respond to exercise.

What do I need to do to prepare?

- Your doctor may want you to stop certain medications before the test. **Please check with your doctor about this.**
- Do not eat or drink anything that has caffeine (tea, coffee, chocolate, soda) or alcohol for at least 12 hours (24 hours if possible) before your test.
- Do not exercise for 24 hours before your test.

On the day of the test:

Do not eat, drink or smoke two hours before your test. You may have water. Take your usual medicines unless told otherwise by your doctor. Bring a list of your medicines with you. If you use inhalers, bring the inhalers with you.

Wear comfortable, loose-fitting clothes (T-shirt, shorts, sweats) and **sneakers**. **The foot should be completely surrounded; backless shoes should not be worn.** Do not wear lipstick, nail polish, perfume, or cologne.

You must bring a signed authorization form (a prescription, pre-certification form, etc.) from your doctor and authorization from your health insurance plan *if it is required by your plan*. Bring your health insurance cards and the completed Medical History Questionnaire with you.

Do I need to check in anywhere before the test?

Yes. Before arriving at our offices you **MUST** first stop at the Admitting Cashier, which is located on the ground floor of Morgan Stanley Children's Hospital. The attached requisition form must be given to the cashier and an insurance confirmation number will be written on the requisition at that time. **We will not see patients who do not have insurance confirmations on their requisitions.**

In order to avoid a delay, please arrive one half hour earlier than the scheduled time of your test in order to allow for time at the Admitting Cashiers Office. We cannot guarantee that you will be seen if you are late to your scheduled appointment in the exercise lab.

What happens before the test begins?

To make sure you are able to have the test, our staff physician will examine you and you will be asked questions about your past and present health. The test will be explained to you and your questions will be answered. We will tell you about the equipment and show you how to use it.

How is the test done?

A probe will be placed on your finger to measure your oxygen saturation levels and heart rate.

You will walk at your own pace for six minutes. We will inform you when you have reached the two-minute mark and four-minute mark. We will also instruct you to stop at the six-minute mark. At the end of six minutes, you will be shown a scale and asked to rate how short of breath the walk has made you. Once a rating is obtained, we will monitor your heart rate and oxygen saturation with the pulse oximeter.

Resting at any time during the test IS permitted, and you may take as many rests as you need.

We closely watch you for any complications. Emergency equipment and trained staff are on hand to care for you if complications occur. If you have chest discomfort, headache, nausea, anxiety, dizziness, heart palpitations, shortness of breath, or tired legs, please tell us.

There are no needles or blood tests.

What else do I need to know?

Total test time takes about 20 minutes from start to finish. You will exercise for six minutes. When the exercise portion is finished, your heart rate and oxygen saturation levels will be monitored.

Test results are read within one week of the test date. Any serious matter will be reported to your doctor immediately. You may receive the results at your next visit, or sooner if necessary. You may have sore, stiff muscles for one or two days after the test.

What should I report to the doctor?

Call your doctor or go to the emergency room if you have:

- **Chest pain/discomfort**
- **Palpitations**
- **Increased shortness of breath**
- **Dizziness, nausea, vomiting**

If you have any questions, please call your doctor or call us at 212-305-5122.

This resource provides brief, general information about this healthcare topic. It does not take the place of specific instructions you receive from your healthcare provider. For answers to other questions, please consult your physician or other healthcare provider.