



Nebraska Pulmonary Specialties, LLC

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Six Minute Walk Test

The six minute walk test is used by your doctor to help assess the function of your lungs. It may also be used to measure response to medical treatments. The object of this test is to walk as far as possible in 6 minutes. You will walk back and forth in a long hallway. This will be at your own pace and you will be permitted to slow down, to stop and rest if necessary.

If you use oxygen be sure to bring it for the test. You will also be allowed to use walking aids if you need them.

To prepare for this test:

- Comfortable clothing should be worn
- Appropriate shoes for walking should be worn
- You will be allowed to use any walking aids (cane, walker, etc.)
- Continue all medications as usual ***unless you are scheduled for a Pulmonary Function Test on the same day.***
- You **may** eat a light meal before the test
- You should not exercise vigorously within 2 hours prior to starting the test
- If you wear oxygen please bring it with you as you will be wearing it during the test.