



# 6-Minutes Walk Test



Changi  
General Hospital  

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SingHealth

## What is the 6-minutes walk test?

This is a simple test that measures the maximum distance you can walk in 6 minutes, at your normal pace as a measure of your functional status or fitness.

## Why do I need to undergo this test?

The results of this test are commonly used to track the progress or monitor the response to treatments given for chronic lung, heart and other health problems, especially if the test is repeated after appropriate time intervals, such as a year later. The test results may also be used as a guide to tailor an exercise programme for you.

## What can you expect?

### Preparation before the test

- Comfortable clothing and appropriate footwear suitable for walking should be worn.
- Bring along your usual walking aids, such as walking stick, quad-stick or walking frame, for the test.
- A light meal is acceptable before the test.
- Do not exercise 2 hours before the test.
- Take all your usual medications.

### During the test

- Before the start of the test, your blood pressure, heart rate and oxygen level (via the pulse oximeter, an electronic device which will be attached to your finger) will be measured and recorded.
- During the test, you will be tested on how far you can walk at your normal pace for 6 minutes. You will be asked to perform at least 2 walks with a rest period given in between.
- The pulse oximeter will remain attached to your finger throughout the test and a clinical physiologist will record your oxygen level every minute.

- Depending on the results of the first walk or if you are usually on home oxygen therapy, you may be asked by your clinical physiologist to perform the walk with the supplementary oxygen given.
- It is acceptable to slow down, rest or stop during the test if you need to, before continuing with the walk as soon as you are able.
- Please let your clinical physiologist know if you are having any chest pain or breathing difficulty during the test.

The entire test is estimated to take around 30 to 60 minutes.

Your doctor will then discuss the test results with you at your next appointment.

## **What are the possible risks?**

This is a generally safe test. As this test involves more physical exertion as compared to when you are at rest, you may feel more breathless during the walks. You will be monitored by your clinical physiologist during the test and medical help will be rendered to you immediately, if needed.

## **Can I undergo the test if I am not feeling well?**

If you are feeling ill on the day of the test because of fever or acute illness, you should not proceed with the test. To make changes to your appointment, please contact CGH Appointment Centre: 6850 3333.



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2 Simei Street 3 Singapore 529889  
Tel: 6788 8833 Fax: 6788 0933  
Reg No 198904226R

### **CGH Appointment Centre**

For appointments and enquiries,  
please call: (65) 6850 3333

Operating hours:  
8.30 am to 8.00 pm (Monday to Friday)  
8.30 am to 12.30 pm (Saturday & Sunday)  
Closed on Public Holiday

For more information, please visit [www.cgh.com.sg](http://www.cgh.com.sg)



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