



6-Minute Walk Test



Changi
General Hospital

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

The 6 MWT is a simple walking test that evaluates the functional status and aids in the prognosis of patients with chronic pulmonary and/or cardiac disease.

The test measures the maximum distance the patient can walk in 6 minutes.

Preparation before the test

- Comfortable clothing and appropriate footwear should be worn.
- Bring along any walking aid (e.g. cane) that you may be using.
- Continue all your usual medications.
- Do not exercise vigorously during the 2 hours prior to the test.
- A light meal is acceptable before the test.

How is 6 MWT done?

The 6 MWT is performed in the Clinical Measurement Unit (CMU), along a straight corridor.

Before the start of the test, your resting heart rate, finger pulse oxygen saturation, blood pressure and dyspnea score (via a number scale) will be taken.

The finger pulse oximeter for reading the oxygen saturation will be attached to your finger throughout the test.

You will not require any warming up before the walk.

During the test, please walk at your own pace to cover as far as possible for 6 minutes.

The medical technologist will provide encouragement as well as to record your oxygen saturation at every minute.

You can slow down, stop to rest if symptoms are excessive, but should continue the walk as soon as you are able.

Depending on the result of the first 6 MWT, you may need to perform a second test with supplementary oxygen.

The total duration of the test is about 30 minutes to 1-hr 30 minutes as it includes preparation and resting periods.

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

Is the test safe?

Generally, the test is safe. As expected with any exercise test, you may experience breathlessness or giddiness during the walk. You will be monitored closely.

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

If you are feeling unwell recently because of fever or acute illness, you should not proceed with the test. Please call Tel: 68502580 to change the appointment.

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For appointments and enquiries,
please call the CGH Appointment Centre at
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