



Preparation for Six Minute Walk

Welcome and thank you for choosing Bradford Regional Medical Center for your six minute walk test. Our physicians and respiratory therapists are dedicated to providing highly skilled and compassionate care for you and your family. We understand that you may be apprehensive about your procedure. We hope the following information will be helpful to you as you prepare for your procedure.

A six minute walk test determines how efficiently the lungs transfer oxygen into the circulatory system during mild exercise.

A six minute walk is used to help diagnose the severity and determine possible treatment for lung disorders including chronic obstructive pulmonary disease (COPD), various forms of heart disease and other debilitating conditions that may necessitate oxygen therapy. The test may be used to qualify you for home oxygen through your insurance company.

The Pulmonary Lab is located on the 2nd floor of the hospital. We want to make your experience as comfortable as possible. If you have any questions or concerns that are not answered here, please do not hesitate to call your physician or the Pulmonary Lab at (814) 362-8296 between 7:00 AM and 3:30 PM Monday - Friday.

Before Your Procedure

Your physician's office will schedule the date and time of your procedure with the X-ray Department by calling 814-362-8200. You or your physician's office will be provided any necessary instructions when the exam is scheduled.

If you develop a cold, please call your physician. It may be necessary to reschedule your test for a time when you are feeling better.

Take all your medications as usual prior to your appointment.

On the Morning of Your Procedure

Wear loose fitting, comfortable clothing and flat shoes. Do not bring any valuables with you. You may be accompanied by one adult family member or friend; however we ask that they wait in the waiting area during your procedure. Children should not accompany adults having a procedure.

Day of the Procedure

Please make sure that you bring your insurance card and order for testing with you. When arriving at the hospital please go to outpatient registration and check in before heading to the X-ray department waiting area on the 2nd floor. If you need assistance getting to outpatient and up to the 2nd floor please stop at the concierge desk and for a wheelchair to help get around the hospital.

The staff may ask you the same questions several times; they will ask your name, birth date, what procedure you are having done, your medications and your allergies. By repeating our questions, we are verifying and re-verifying very important information to ensure that your time with us is as safe as possible. Please be prepared to tell the respiratory therapist when you last took each of your medications.

During the Procedure

- ✓ You will be taken back to the procedure room and will sit upright in a chair. The respiratory therapist will stay by your side and will explain everything that is happening.
- ✓ The therapist will measure your blood pressure and place an oximeter on your finger to measure your heart rate and oxygen level. There is no pain involved in these measurements.
- ✓ You will then be asked to walk at a comfortable pace with the oximeter probe remaining on your finger to measure oxygen levels throughout the test. As you walk, you will be asked to rate the level of exertion, i.e. how hard you are working as you walk. The therapist will remain by your side and record this data as you proceed. If you have difficulty, you will be allowed to rest.
- ✓ After six minutes, or after a prescribed walking distance, the test is ended. Your heart rate and oxygen level will continue to be monitored until they return to normal and you feel rested.

Please report any symptoms you experience during the testing. These would include shortness of breath, dizziness, chest pain, sore mouth or feeling your heart racing.

After Your Procedure

You will be discharged immediately after the test. The therapist is not permitted to discuss your results. The Pulmonologist chosen to interpret the test will be notified that it is here for him to review. Once he interprets the test, the results are faxed to the ordering physician. Your doctor will generally discuss the results with you at your next physician's office visit. Talk with your doctor or testing center about how to get your test results. Thank you for allowing us to take care of your pulmonary testing.