



NHS

Great Ormond Street
Hospital for Children
NHS Foundation Trust

Having a 6 Minute Walk test (Easy Read)



Your doctor may want you to have a 6-minute walk test done if they want to find out about your exercise or activity levels.



Please make sure you wear trainers and comfortable clothing to your appointment. Please bring any walking aids you use when walking around.



If you use oxygen, please bring your cylinder or concentrator with you on the day.



The physiologist will ask you a few questions before the test to find out how much walking you do and if you get out of breath easily when walking.



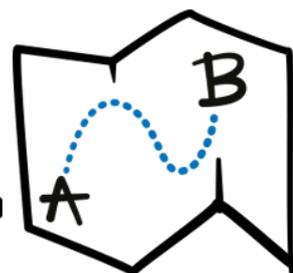
Then you will be asked to walk for 6 minutes. No running just your normal walking speed!



You can rest whenever you need to if you are finding it difficult.



Once the exercise is finished, we will ask you 'how are you feeling?' and ask you the same questions we asked before the 6 minutes of walking.





You might meet the doctor that day to hear the results of the test or you will discuss the results of the test at your next appointment.



Please ask us if you have any questions.

