

## INFORMATION FOR PATIENTS

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# Six minute walk test

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Your doctor has requested that we perform a test to help guide your medical treatment.

### What is a walk test?

A walk assessment helps measures how well your lungs are working. Doctors commonly request this test to:

- Measure severity of lung disease.
- To see if medication will make your breathing better.
- To test your lung function before an operation.

### The procedure

You will be asked to walk around a 30 metre course. You are able to do this at your own pace and rest as much as you need to. The doctor may also wish us to take a small sample of blood from your earlobe to measure your oxygen levels.

Please bring with you a list of your current medications.

### Before the test

Before attending for your test, please:

- Do not exercise vigorously for 30 minutes.
- Do not wear any tight clothing that may restrict your breathing.
- Do not smoke for at least 1 hour.
- Avoid eating a heavy meal or drinks contain caffeine for 2 hours.
- Do not drink alcohol for 4 hours.

### Please continue to take all prescribed medication as normal.

Please contact the department if you have experienced any of the following:

- Current or a recent chest infection (within the last 2 weeks).
- Recent eye, stomach or chest surgery.
- Heart attack within the last month.
- Attended an Emergency Department in the last two to three days.
- Chest pain on the day of your test.

### Please allow up to 30 minutes for this appointment.

### The results

The results will go to your doctor who will explain them to you at your next clinic visit.

Please note that you may not be given the results on the day of your test.

### What if I need hospital transport?

You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556

## Contact details

Respiratory Department: 01623 672259

Kings Mill Hospital	Newark Hospital
Mansfield Road	Boundary Road
Sutton in Ashfield	Newark
Notts	Notts
NG17 4JL	NG24 4DE

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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