

# Pediatric Six Minute Walk Test

Your doctor has recommended a six minute walk test for your child at Children's Health. This handout describes your instructions and the testing procedure. We will review all of this information again and answer any questions on the day of your appointment.

## **What is a six minute walk test?**

It is a test that is used to measure the distance your child can walk in six minutes while monitoring how their body responds to this exercise. The information will help in forming a treatment plan for your child.

## **How do we prepare for the test?**

- We recommend that your child only eat a light meal prior to testing. (A full meal prior to exercise can cause nausea and vomiting; however, no food can make your child feel dizzy).
- Have your child wear, or bring comfortable clothes to wear for walking (shorts, t-shirt, and athletic shoes).
- Patients with respiratory and/or cardiac disease are instructed to use all regular medications as ordered as they normally would.

## **Can I be with my child during the test?**

You are encouraged to stay with your child throughout the testing process. Some parents choose to wait in the waiting area once the testing has started. It is very important that you do not interfere or distract your child during the test. We need their full attention for the entire test to get the necessary data.

## **What will happen during testing?**

An oxygen and heart rate monitor will be put on your child's wrist. They will be asked to rate how hard it is to breathe and how tired they are both before and after the test. They will walk around two cones that are set up 100 feet apart for six minutes. They will do as many laps as possible. Your child will set his or her own pace, but we will encourage them to do their best. We will monitor their heart rate and oxygen level during the entire test.

## **What happens after the test?**

When testing is finished, your child will be allowed to recover. We will monitor your child until they are breathing easy and feel rested. A pulmonologist will review the information and send a report to your doctor or it will be discussed at a follow up appointment.

***If you have further questions prior to your test, please call the Pulmonary Lab at: 214-456-3893.***