

NH Pulmonary Diagnostic Services

PATIENT INSTRUCTIONS

Test type: **Six Minute Walk Test**

Test time: Arrive 20 minutes early to allow for parking and checking in.

Check in: Report to patient registration/information for direction to testing area.

Please be sure to follow the instructions below:

- All patients are required to provide a Care Card or other form of ID for check in. We will need to confirm that the information we have for you is current and correct.
- Hospitals and Health Centers are scent free environments. Please do not use or wear any scented products (perfume, cologne, after shave, etc.) This can impact the health of other people.
- Wear regular clothing attire that you can walk in and does not restrict your breathing. Since you will be walking, please wear comfortable footwear.
- Bring any mobility devices that you regularly use (walker, cane) to the appointment.
- If you are on home oxygen, please bring your portable oxygen equipment with you to the appointment.
- Continue to take all medications as prescribed.
- Do not consume any intoxicants (alcohol, marijuana, or recreational drugs) 8 hours prior to testing.
- Please use the washroom prior to testing.
- A Six Minute Walk Test will take approximately 20 minutes to complete.

If you need to cancel/rebook your testing appointment, please contact your testing site:

Testing Site	Phone Number
Fort St John Hospital	250.261.7499
Dawson Creek and District Hospital	250.782.8501 Ext: 742255
Prince George UHNBC	250.645.6314
Terrace, Ksyen Regional Hospital	250.638.4046