Sleep & Lung Care
RESPIRATORY & SLEEP PHYSICIANS
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Epping
Level 2, Suite 4A, 230 Cooper Street, Epping 3076

Brunswick
202 Moreland Road, Brunswick 3056

Doncaster East
105 Blackburn Road, Doncaster East 3109

Braybrook
Tenancy 2, 330 Ballarat Road, Braybrook 3019

Kilmore
75 Powlett Street, Kilmore 3764

Please read before your appointment
What happens, how to prepare and what to bring.

Your 6-minute walk test (6MWT)

Date: _____ Time: _____ Clinic: ☐ Epping ☐ Brunswick ☐ Doncaster East ☐ Braybrook ☐ Kilmore

The six-minute walk test measures how far you can walk in six minutes on a flat, hard surface at your own pace. It shows how your heart, lungs and muscles cope with everyday exertion. It is used to assess unexplained breathlessness and exercise capacity, to check whether you need oxygen and to guide its prescription, to help judge the outlook in some lung and heart conditions, and to see how you respond to treatment.

What happens during the test

- Your pulse, oxygen level (with a finger probe) and how breathless you feel are recorded while you rest.
- You then walk back and forth along a marked, flat walkway for six minutes, as far as you can at your own pace. You may slow down or rest if you need to, and you can stop at any time. The respiratory scientist times the walk and counts the laps.
- Your oxygen level and pulse are monitored during the walk, and everything is measured again at the end. If you use oxygen, the test is done with it.
- The distance walked is compared with the range expected for your age, height and sex.

Your results

A respiratory scientist performs the tests and one of our respiratory physicians reports them. The report is sent to your referring doctor within two weeks. If your GP referred you for the tests only, your GP goes through the results with you (and can ask us for a consultation if the report recommends one); if you are already seeing one of our physicians, the results are discussed at your next appointment. If you have not heard from your doctor three weeks after the test, call (03) 9422 0077.

Before your test

- Take your usual medicines, including your inhalers, unless your doctor or our reception team has told you otherwise.
- Wear comfortable clothes and walking shoes.
- Bring your usual walking aid and any prescribed oxygen.
- Avoid a large meal for 2 hours and vigorous exercise for 1 hour before the test.
- If you have also been booked for spirometry or other breathing tests, follow the inhaler withholding times in our lung function test preparation guide (sleepandlungcare.com.au/respiratory-function-tests).
- If you are unwell on the day, call us before you come — the test may need to be rebooked.

On the day

- Bring your referral and Medicare card. Lung function tests are bulk billed with a current referral.
- Bring a list of your medicines and doses.
- Allow 45–90 minutes for your visit — most patients have other breathing tests at the same appointment.
- Tell the scientist if you have chest pain, dizziness or severe breathlessness during the walk — the test is stopped straight away.

Cost, cancellations and questions

- Lung function tests are bulk billed with a valid referral — there is no charge for the test.
- To change or cancel your appointment, call (03) 9422 0077 during business hours (Monday to Friday, 9:00 am – 5:00 pm). Please give at least 48 hours' notice.
- Arabic (العربية), Chinese (中文) and Vietnamese (Tiếng Việt) versions of these instructions are available from reception.
- Questions: (03) 9422 0077. Full guide online: **sleepandlungcare.com.au/our-service/6-minutes-walk-test-6mwt**

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