

# 6 Minute Walk Test (6MWT)

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## What is it?

It is a low risks test that measures how far you can walk in 6 minutes.

The 6MWT differs from our other exercise tests in that you can decide on your own pace and a minimal amount of equipment is used. There is no need for electrodes to be attached to your skin or a mask to be put on your face.

## Why is it done?

The distance you can walk is used as an indicator for your exercise capacity. When multiple tests are done over a period of time, your doctor can see whether your exercise capacity is changing. This can be used to evaluate any treatment you may have been given or to decide on the best time to plan surgery.

## How is it done?

After arriving in our department you will be taken Level 3 of the hospital where a 50 meter track is set out. A wheelchair will be available to take you there as we don't want to tire you out before you start. Before we start your heart rate and oxygen saturation level will be measured using a finger probe. You will also be asked how out-of-breath you feel. To do this we use a scale from which you can select a number or a description.

You will then be asked to start walking back and forth on the track at your own pace. We will keep you informed of how much time has passed since you started. You will be allowed to stop for a rest if you need to and are encouraged to resume walking as soon as you can. If you normally use a walking aid, you can use this during the test as well. After 6 minutes you will be asked to stop. Your heart rate and saturation levels will be measured again and you will be asked to rate your shortness of breath. This information will be recorded together with the distance you walked.

After the test you will be free to leave or if you have further appointments you will be taken back to the cardiology department.

Please also follow the following instructions before attending the test:

- Do not eat a heavy meal before the test (a light meal is acceptable)
- If you normally use inhalers, please bring your inhalers with you
- Please wear suitable flat and comfortable shoes
- Please avoid vigorous exercise 2 hours before the test

# Queen Elizabeth Hospitals

For all appointments in the Outpatients area of the Queen Elizabeth Hospital Birmingham, please enter through the main entrance ① and check in using the self check-in kiosks.

When visiting our hospitals we recommend parking in the following car parks:

For the Queen Elizabeth Hospital Birmingham use Car Park A  
For the Heritage Building (Queen Elizabeth Hospital) or Nuffield House use Car Park D

If you are using a sat nav, please make sure it has been updated recently. The post code B15 2GW will bring you onto the hospital site. Once on site, please follow road signs to the relevant car park.

## Entrances

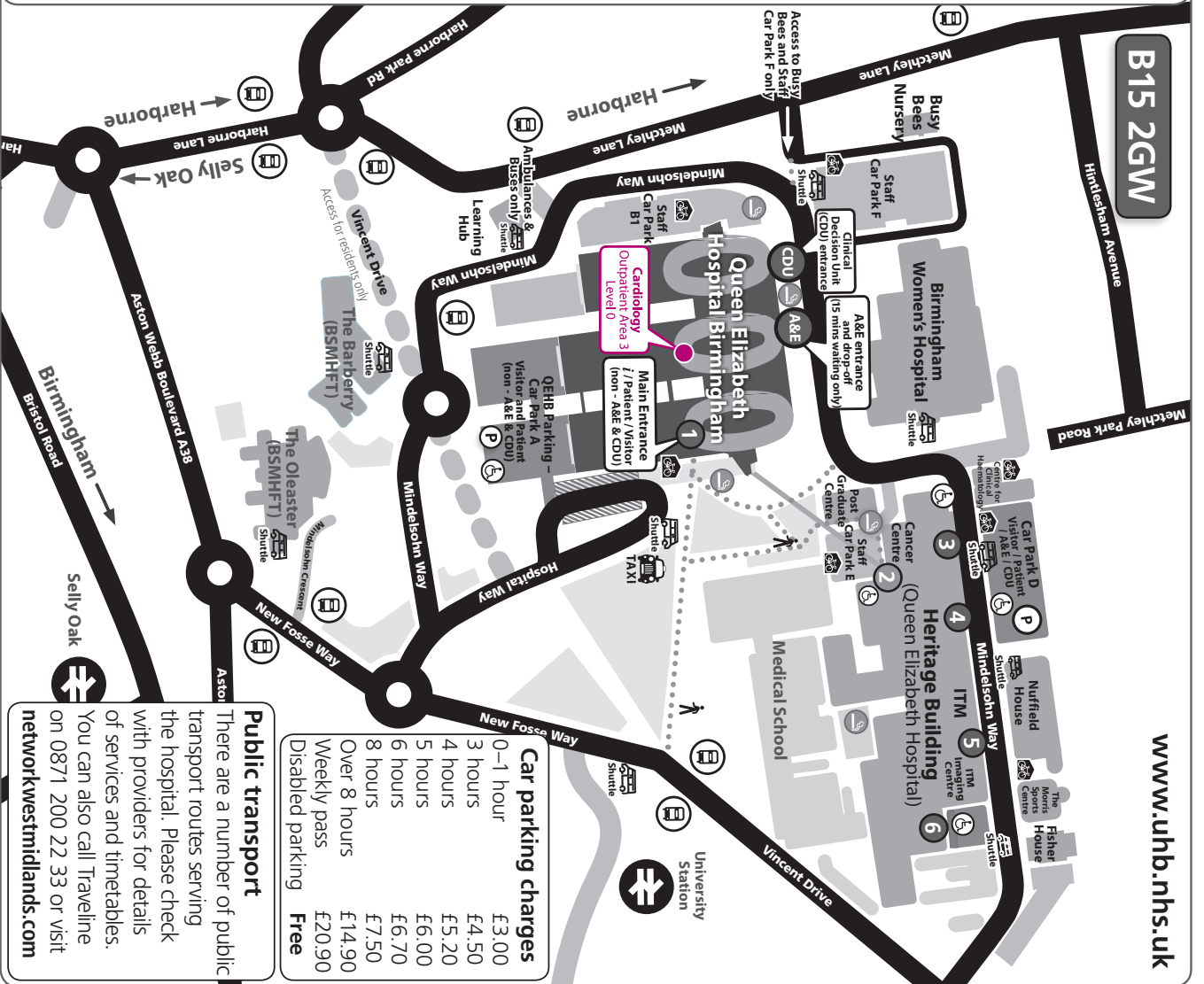
- ① Outpatients and all wards/departments (QEHB)
- ② West Entrance (All wards and departments, Heritage Building)
- ③ Cancer Centre
- ④ Main Entrance (All wards and departments, Heritage Building)
- ⑤ Institute of Translational Medicine
- ⑥ East Block Day Unit

## Key

- Disabled Parking
- Taxi rank
- Parking
- Drop-off only
- Bus Stop – Centro / West Midlands Travel
- Shuttle
- Pedestrian Route
- Cycle Storage
- Smoking Shelter

The free shuttle bus service runs from 07:00–19:00 Monday–Friday (excluding Bank Holidays).

**B15 2GW**



[www.uhb.nhs.uk](http://www.uhb.nhs.uk)

Car parking charges	
0–1 hour	£3.00
3 hours	£4.50
4 hours	£5.20
5 hours	£6.00
6 hours	£6.70
8 hours	£7.50
Over 8 hours	£14.90
Weekly pass	£20.90
Disabled parking	Free

**Public transport**  
There are a number of public transport routes serving the hospital. Please check with providers for details of services and timetables. You can also call Traveline on 0871 200 22 33 or visit [networkwestmidlands.com](http://networkwestmidlands.com)

**Cardiology**

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