

Incremental Shuttle Walk Test (ISWT)

What is it?

The test is a low risk test that measures how often you can walk back and forth between 2 cones along a 10 metre track. The walking pace will be set and increases every minute. One length of 10 metres is called a 'shuttle' and every minute you complete at a fixed speed is called a 'level'.

Why is it done?

The distance you are able to walk is an indicator of your exercise capacity. When multiple tests are done over time, your doctor can see if your exercise capacity has changed. This information can be used to evaluate treatments or to time surgery.

How is it done?

After arriving in our department you will be taken to a 10 metre track set out in a corridor. Your blood pressure, oxygen saturation and heart rate will be measured. You will also be asked to rate how short on breath you feel on a scale between 1 and 10.

A CD will be played explaining audible cues we call 'bleeps'. These bleeps set the pace of the test and you will need to reach the end of the track before the next bleep sounds.

The pace will initially be very slow, but after each minute, the bleeps will become faster. If you fail to reach the end of the track twice or if you feel you cannot go any further, the test will be ended. When you have missed the end of the track for a second time, or if you feel you cannot go any further, the test stops.

Your blood pressure, heart rate and oxygen saturation level will be measured once again and you will be asked to rate your shortness of breath. The number of completed levels and shuttles will be recorded onto a report.

After you have recovered from the exercise and if you have no further appointments, you will be allowed to go home.

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 them 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.

New patient entrance, drop-off and parking for elective procedures/surgery only. ⑦
Drive-thru swabbing station.

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.

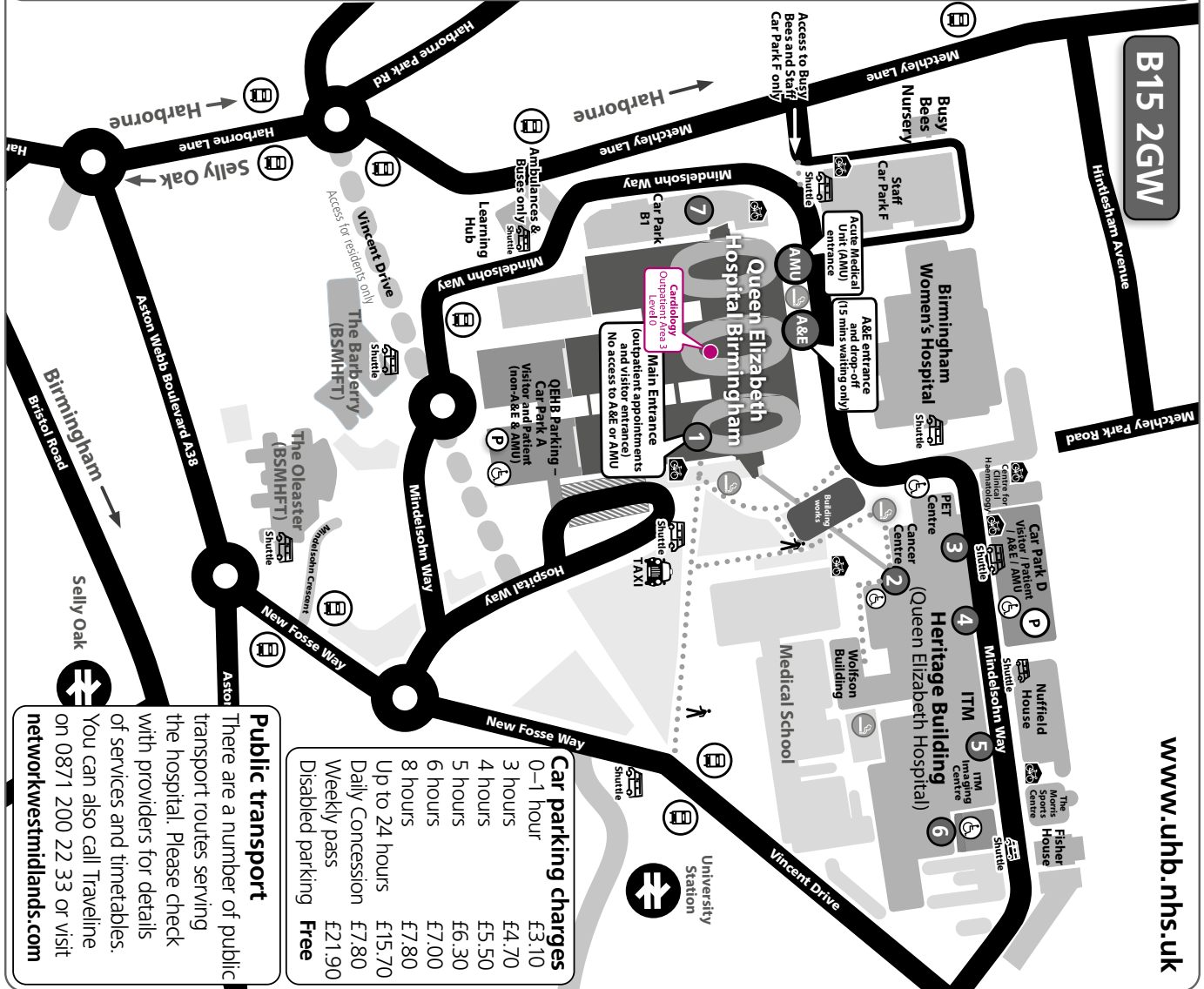
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| <p>Entrances</p> <p>① Main Entrance (outpatient appointments and visitor entrance) No access to A&E or AMU</p> <p>② West Entrance (All wards and departments, Heritage Building)</p> <p>③ Cancer Centre</p> | <p>④ Main Entrance (All wards and departments, Heritage Building)</p> <p>⑤ Institute of Translational Medicine</p> <p>⑥ East Block Day Unit</p> <p>⑦ New patient entrance, drop-off and parking for elective procedures/surgery only. Drive-thru swabbing station.</p> |
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Key

	Disabled Parking		Taxi rank
	Parking		Drop-off only
	Bus Stop – Centro / West Midlands Travel		The shuttle bus is a free service to transport patients and visitors to various locations around the site. The service runs from 07:00–19:00 Monday–Friday (excluding Bank Holidays).
	Pedestrian Route		
	Cycle Storage		
	Smoking Shelter		

B15 2GW

www.uhb.nhs.uk



Car parking charges

0–1 hour	£3.10
3 hours	£4.70
4 hours	£5.50
5 hours	£6.30
6 hours	£7.00
8 hours	£7.80
Up to 24 hours	£15.70
Daily Concession	£7.80
Weekly pass	£21.90
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

Cardiology
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Birmingham, B15 2GW
Telephone: 0121 371 2530