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 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 with some instructions explaining the audible cues called bleeps. These bleeps will set the pace and you need to reach the end of the track when the next bleep sounds.

The pace will initially be very slow, but after each minute, the bleeps will come faster. If you fail to reach the end of the track, you will be encouraged to increase your speed. 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 and you will be asked to rate your shortness of breath again. 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 your inhalers with you
- Please wear suitable flat and comfortable shoes
- Please avoid vigorous exercise 2 hours before the test
For all appointments in the Outpatients area of the Queen Elizabeth Hospital Birmingham, please enter through the main entrance 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), use Car Park B
- 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.

Disabled Parking

Peninsula

Bus Stop – Centro / West Midlands Travel

Pedestrian Route

Cycle Storage

Smoking Shelter

For more information, please visit www.uhb.nhs.uk/find

Tel: 0121 371 2530

Cardiology

Queen Elizabeth Hospital, Birmingham, B15 2GW

www.uhb.nhs.uk/find

Appointment letters are sent 3-4 weeks in advance.

Please refer to the map and key for more information on hospital entrances and parking options.