
Walk Test and Preparation

What is a Walk Test?

You will perform this test by simply walking as far as you can as fast as you wish for a period of 6 (six) minutes. We would like you to walk continuously until you are limited by fatigue or discomfort. You may stop at any time during the six minutes to have a rest and continue again. The purpose of the test is to see how much distance you can cover in the 6 minutes and to measure your oxygen level while performing the task. If the supervising technologist sees any reason to stop the test prematurely, he/she will do so immediately.

SHOULD I TAKE MY MEDICATIONS BEFORE THE TEST?

- Take your medications as you normally do, unless the doctor who ordered the test has given you other instructions.
- If you have any questions about your medications, call your doctor for advice.

When you come for the test.....

- Comfortable clothing should be worn.
- Wear shoes that are comfortable to walk in, such as tennis shoes or running shoes.
No high heels or flip flops please!
- You may use your usual walking aids during the test (cane, walker, etc.).

If you need to change or cancel your appointment, please contact the Booking Office 48 hours before your appointment time, so that another person can be schedule in your place. The phone number is 905-522-1155 ext. _____