

PREPARATION INSTRUCTIONS – SIX MINUTE WALK TEST

- Take your routine medications.
- Wear comfortable clothing and flat shoes.
- Bring a list of all medications.
- You may eat a light meal.
- If using oxygen, bring portable system with you.
- If you use a walking aid (cane, walker, etc) bring it with you.
- No vigorous exercising 2 hours prior to test.

QUESTIONS? Please call 989-635-4338