



Comprehensive Pulmonary
and Primary Care
Physicians of Orange County

PULMONARY STRESS TEST (6-minute Walk Test) PREPARATION

1. If you have any symptoms of a cold, chest congestion, respiratory infection, gastrointestinal problems such as diarrhea or vomiting within 2 weeks of your appointment time, it is important that you contact our office. We would like you to be completely symptom-free for at least **2 WEEKS prior to your appointment date.**
2. You will be walking at your own pace in the hallway while we monitor your vital signs.
3. Wear comfortable walking shoes and loose-fitting clothing. Please do not wear any type of fragrance, cologne, aftershave, scented lotions etc. due to significant allergies. If you show up with any type of fragrance, your appointment **WILL BE** rescheduled.
4. If you walk with a walker or a cane, you can use it during the test.
5. Please bring a bottle of water, so you may take sips during the test.
6. You may eat prior to the test, however if you eat within 2 hours of the test, please eat **lightly.**
7. You can continue to take all your medications prior to this test.
8. Please arrive 15 minutes prior to your appointment to check-in.
9. Please bring your picture ID, insurance card(s), and authorizations for check-in.
10. Parking fee, with validation is \$4. Valet parking is available for \$5.

Please call the PFT Lab at 714-639-7021 with any questions you may have.