

### **Six Minute Exercise Oximetry Study**

This study is done to determine your oxygen level by walking for 6 minutes. Your oxygen saturation and heart rate will be monitored on the device attached to your finger.

You will arrive in the Cardiopulmonary Department, and you will sit for 5-10 minutes to establish your resting room air oxygen saturation level. You will proceed with staff to walk the hallway until the 6 minutes walking on room air is completed. Staff will monitor levels displayed on the device, if your levels are adequate and do not drop below physician guidelines the test is completed. If your oxygen saturation level dropped below ordered guidelines, you will be placed on oxygen with a nasal cannula and you will begin walking again. Staff will monitor and make adjustments with the oxygen until you can walk 6 minutes staying within the guidelines to determine the oxygen required for you to use with activity. You will be taken back to the Cardiopulmonary Department to recover to your baseline levels and then leave.

The report will be downloaded with the distance and the measurements of oxygen saturation and heart rate. It will also include if done, the titration levels of oxygen done until 6 minutes accomplished again with adequate saturations. It will be interpreted by either Cardiology Clinic or the ordering physician.