

Walking Oximetry Test



How to prepare for a Walking Oximetry Test?

- You can eat a light meal (toast, soup, or muffin) two hours before your appointment.
- Do not smoke 8 hours before your test.
- Wear comfortable clothing
- If you use a walker, bring it with you

What is a Walking Oximetry Test?

A walking oximetry test is used to help measure the oxygen levels in your blood during activity.

The test will take approximately 30 minutes to complete.

What will happen during a Walking Oximetry?

The Respiratory Therapist will connect an oximeter probe to your finger and document the percentage of oxygen in your blood (SpO₂) and your heart rate. This will not hurt at all.

You will then walk up and down the hall at your own pace for up to six minutes with the oximeter probe on your finger to monitor your SpO₂ and heart rate for the duration of the test.

What will happen after the Walking Oximetry?

After your walking oximetry you may return to your normal activities. The Respirologist will send the report to your physician. The results will be given to you by your physician