



**NHS**

**Great Ormond Street  
Hospital for Children**  
NHS Foundation Trust

## Having a 3 minute step test (Easy Read)



Your doctor may want you to have a 3-minute step test done if they want to find out about your exercise or activity levels.



Please make sure you wear trainers and comfortable clothing to your appointment.



If you use oxygen, please bring your cylinder or concentrator with you on the day.



The physiologist will ask you a few questions before the test to find out about your breathing. You may also have to count to 15 out loud.



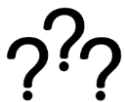
Next we will ask you to step up and down a step to a beat for 3 minutes. This may be hard work but you can ask to stop the test when you feel you cannot do anymore stepping.



Once the exercise is finished, we will ask you 'how are you feeling?' and ask you the same questions we asked before the stepping.



You might meet the doctor that day to hear the results of the test or you will discuss the results of the test at your next appointment.



Please ask us if you have any questions.

