



# Women's Medicine Collaborative

A program of The Miriam Hospital

A Lifespan Partner

146 West River Street  
Providence, RI 02904  
Second Floor ~ Suite 11C  
Phone: 401-793-7022  
Fax: 401-793-7408  
WomensMedicine.org

## Bone Density Testing - Patient Information

### EXAM PREPARATION

#### PRIOR TO EXAM

- Avoid all calcium supplements including Tums and multivitamins for two days.
- Take all your other medications as prescribed.
- You may eat foods that contain calcium.
- If you have had a barium or contrast x-ray in the past 10 days, please contact our office to reschedule your bone density test.

#### DAY OF EXAM

- Please bring your insurance card, a photo ID and any written referral forms provided by your health care provider.
- Remove body piercings located below the neck if possible.
- Do not wear underwire bras or clothing with metal buttons, zippers, metallic paint or threads.

### DIRECTIONS to Women's Medicine Collaborative

146 West River Street, Providence, RI 02904

2nd Floor ~ Suite 11C

Phone: 401-793-7022 Fax: 401-793-7408

Free patient parking is available in the south parking lot.

#### DRIVING DIRECTIONS

##### From EAST of PROVIDENCE

- From Route 195, merge onto Route 95 North toward Providence
- Follow Route 95 North to Providence
- Take the Branch Avenue exit (Exit 24)
- Turn left onto Branch Avenue
- Follow Branch Avenue to the first traffic light
- At the traffic light, turn left onto West River Street
- 146 West River Street is on the right (brick mill building)

**Park in the South parking lot.**

*If you accidentally get on Route 146 North (instead of following Route 95 North) and take the Branch Avenue exit off of Route 146 North, you must turn right off of the exit.*

##### From NORTH of PROVIDENCE

- Follow Route 95 South toward Providence (crossing into Rhode Island)
- Take the Branch Avenue exit (Exit 24)
- Turn right onto Branch Avenue
- Follow Branch Avenue to the first traffic light
- At the traffic light, turn left onto West River Street
- Turn right to stay on West River Street
- 146 West River Street is on the right (brick mill building)

**Park in the South parking lot.**

#### BUS ROUTES

Best service to take is **Route 51, 52 or 72** to Charles Street and West River Street. Route 51 runs every half hour. Route 52 and 72 both run every 45 minutes or so. Get off at bus stop in front of the Providence Post Office (across the street from the "Subway" sandwich shop). Walk to the corner of Charles Street and West River Street, take a right onto West River Street and walk straight down to our building. It is a brick mill building on the left. Enter into the South parking lot entrance.

Contact RIPTA at (401) 781-9400 or online at [www.ripta.com](http://www.ripta.com) for schedules and additional information.

##### From WEST of PROVIDENCE

- Follow Route 146 South to Providence
- Take the Admiral Street exit
- Turn left onto Admiral Street
- Turn right onto Charles Street / RI-246
- Turn left onto West River Street
- 146 West River Street is on the left (brick mill building)

**Park in the South parking lot.**

##### From SOUTH of PROVIDENCE

- Follow Route 95 North to Providence
- Take the Branch Avenue exit (Exit 24)
- Turn left onto Branch Avenue
- Follow Branch Avenue to the first traffic light
- At the traffic light, turn left onto West River Street
- 146 West River Street is on the right (brick mill building)

**Park in the South parking lot.**

*If you accidentally get on Route 146 North (instead of following Route 95 North) and take the Branch Avenue exit off of Route 146 North, you must turn right off of the exit.*

