



## Women's Medicine Collaborative

A program of The Miriam Hospital

*Lifespan. Delivering health with care.*

146 West River Street  
Providence, RI 02904  
(401) 793-7022  
WomensMedicine.org

Dear \_\_\_\_\_,

Welcome to the **Women's Medicine Collaborative**.

Your appointment is on \_\_\_\_\_ at \_\_\_\_\_ am/pm

with Cindy in the Pulmonary Function Lab.

Located in the Lifestyle Medicine Center, 2<sup>nd</sup> Floor, Suite 11-C.

Please bring your insurance cards and photo ID.

If you need to cancel or reschedule your appointment, we request that you do so at least 24 hours in advance. Please call us at (401) 793-7022 if you have any questions.

***Driving directions are enclosed.*** Park in the South parking lot. Parking is free.

We are located on the second floor, first door on your left when you come out of the elevator.

For more information about the Women's Medicine Collaborative, please visit our website at [www.WomensMedicine.org](http://www.WomensMedicine.org).

We look forward to seeing you.

Sincerely,  
Women's Medicine Collaborative

*"Helping women reach their greatest health potential in body, mind, and spirit."*



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**2<sup>nd</sup> Floor** - Bone Density Testing, Pulmonary Function Testing, Lifestyle Medicine Center, Acupuncture, Chiropractic Care, Massage Therapy, Nutrition, Stress Reduction, Yoga, Lifespan Laboratory

**3<sup>rd</sup> Floor** - Behavioral Medicine, Bone Health, High-Risk Breast Program, Cancer Survivorship, Cardiology, Colposcopy Clinic, Diabetes in Pregnancy, Gastrointestinal Medicine, Genetics, GYN Oncology, Menopause Consultation, Maternal-Fetal Medicine, Obstetric Medicine, Program for Pelvic Floor Disorders, Pelvic Pain Program, Primary Care, Pulmonary Medicine, Rheumatology, Urology, Urogynecology

### 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 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 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.**

#### **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.*

### **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.

02/2017



# Methacholine Challenge Test – Patient Instructions

Patient Name (Last, First) \_\_\_\_\_

Date of Test: \_\_\_\_\_ Time of Test: \_\_\_\_\_

<b>Stop TIME prior to scheduled test</b>	<b>Medications to <u>STOP</u></b>
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- |                    |  |
|--------------------|--|
| <b>48 Hours</b>    | <b><u>Stop</u></b> all daily inhaled medications except for Atrovent and Combivent (see below)   |
| <b>24 Hours</b>    | <b><u>Stop</u></b> these inhaled medications and antihistamines:<br><b>Atrovent (Ipratropium Bromide), Combivent (Ipratropium &amp; Albuterol)</b><br><b>Zyrtec, Allegra, and Claritin type antihistamines</b> |
| <b>24 Hours</b>    | <b><u>Stop</u></b> these oral medications:<br><b>Accolate (Zafirlukast), Zyflo (Zileuton), Singulair (Montelukast)</b>   |
| <b>8 Hours</b>     | <b><u>Stop</u></b> these inhaled medications:<br><b>Proventil, Ventolin, Albuterol, Pro-Air, Xopenex (Levalbuterol), Cromolyn</b>  |
| <b>Day of test</b> | <b><u>No</u> vigorous exercise and <u>No</u> caffeine (including chocolate)</b>  |

Please continue to take all your other medications as prescribed.  
If you have any further questions regarding your medications,  
please ask your physician for clarification.

**You can eat and drink before this test.**