

APPOINTMENT Sheet

This appointment sheet does not take the place of your physician's referral.

** Please follow these directions. GPS systems often do not provide correct directions.*

CHILDREN'S HOSPITAL

111 Michigan Avenue, NW • Washington, DC 20010 • 202-476-5000

METRO AND BUS: The nearest Metro stop is Brookland on the Red Line. A free shuttle bus is available from 6 am to 8 pm Monday through Friday between the hospital and the Brookland Metro stop. The H-1, H-2, and H-4 Metro buses go to the hospital.

FROM POINTS WEST: Take Route 7 toward Washington. Exit onto I-66, Washington. Stay on I-66 across the Theodore Roosevelt Bridge. You are now heading east on Constitution Avenue. Turn left on Louisiana Avenue toward Union Station. At North Capitol Street, turn left. Continue on North Capitol Street (you will pass under New York Avenue and Rhode Island Avenue) to Channing Street and turn left. Turn right on First Street and then left onto Michigan Avenue. Children's is on your right.

FROM EASTERN OR SOUTHERN MARYLAND: Follow Route 50 west toward Washington. Take the South Dakota Avenue exit. Bear right onto South Dakota. At Monroe Street, turn left. Follow Monroe until it dead-ends onto Michigan Avenue. Turn left onto Michigan Avenue. Children's is on your right, past North Capitol Street.

FROM BALTIMORE AND NORTHERN AREAS: Take I-95 South to the Capital Beltway, west toward Silver Spring. Exit almost immediately at New Hampshire Avenue (exit 28) toward Takoma Park. Proceed south on New Hampshire for approximately 4 miles. Turn left (south) onto North Capitol Street. Continue for 2 miles and turn right onto Michigan Avenue. Children's is on your right.

FROM THE WEST: Take I-270 South, then proceed east on the Capital Beltway to Connecticut Avenue (exit 33). Proceed south on Connecticut for about 3 miles and turn left on Military Road. Turn right on Georgia Avenue and continue on Georgia for about 3 miles. Turn left on Irving Street and follow signs to Children's.

FROM NORTHERN VIRGINIA: Take I-95 North or the George Washington Parkway to the 14th Street Bridge. Continue north on 14th Street and turn right at Harvard Street. Harvard Street dead-ends at the McMillan Reservoir. Turn left and follow signs to Michigan Avenue. Children's is on the left.

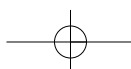
1-888-884-BEAR

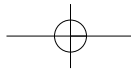
- Request an appointment
- Locate a Children's National doctor near you

Visit Children's web site! www.ChildrensNational.org

YOUR NEXT APPOINTMENT	
Date	Time
Physician	
Physician Specialty	
Location	

Please bring your insurance card, health plan authorization form, and co-payment to your appointment.





CHILDREN'S OUTPATIENT CENTERS and AFFILIATED PRACTICES

MARYLAND:

Annapolis Regional Outpatient Center

888 Bestgate Road, Suite 320
Annapolis, Maryland 21401
410-266-6582 . 410-266-0943 (f)

Take Route 50 toward Annapolis. Exit on Bestgate Road/Rowe Boulevard (exit 24). Turn left onto Bestgate Road. Continue until you reach the center at 888 Bestgate. Turn right on Commerce Park Road to get into the parking lot.

Cardiology	Nutrition
Endocrinology & Diabetes	Orthopaedics/Sports Medicine
Gastroenterology	Pulmonary Medicine
Nephrology	Surgical Consult
Neurology	Urology
Neurosurgery	

Frederick Regional Outpatient Center

5910 Frederick Crossing Lane
First Level
Frederick, MD 21704
301-682-6661 . 301-682-6668 (f)

FROM POINTS SOUTH: I-270 North towards Frederick. Merge onto MD-85 North/Buckeystown Pike via Exit 31A toward Market Street. Turn left onto Guilford Drive. Turn right onto Frederick Crossing Lane. The Center is the last townhouse on the left.

FROM: I-70 EAST: I-70 East toward Frederick. Take MD-355 Exit 54 and turn a slight right onto MD-85. Turn right onto Guilford Drive. Turn right onto Frederick Crossing Lane. The Center is the last townhouse on the left.

FROM: US-15 SOUTH: US-15 South becomes US-40 East. Merge onto I-70 East/US-40 East toward Baltimore. Take the MD-355 Exit 54 and turn a slight right onto MD-85. Turn right onto Guilford Drive. Turn right onto Frederick Crossing Lane. The Center is the last townhouse on the left.

Cardiology	Nephrology
Endocrinology & Diabetes	Neurology
Gastroenterology	Urology
Infectious Disease	

Laurel Regional Outpatient Center

Laurel Lakes Corporate Center
13922 Baltimore Avenue, Unit 4A
Laurel, MD 20707
240-568-7000/1-800-787-0006
240-568-7010 (f)

FROM THE CAPITAL BELTWAY (495): Exit onto Route 1 going north into Laurel. Continue for 5.5 miles, through Beltsville. After you cross Contee Road (near Marlo Furniture) turn left on Cypress Street. Turn left on Laurel Lakes Avenue. The center is located on your left.

FROM THE BALTIMORE/WASHINGTON PKWY (MD 295): Exit onto Route 197 going toward Laurel. Turn left onto Contee Road (1.5 mile) and right onto Route 1 (Baltimore Avenue). Turn left on Cypress Street. Turn left on Laurel Lakes Avenue. The center is located on your left.

Audiology	Nephrology
Cardiology	Neurology
Developmental Pediatrics	Nutrition
Ear, Nose, & Throat (Otolaryngology)	Ophthalmology
Endocrinology & Diabetes	Orthopaedics/Sports Medicine
Evoked Response	Speech-Language Pathology
Gastroenterology	Surgical Consult
	Urology

Montgomery County Regional Outpatient Center

Shady Grove Medical Park
9850 Key West Avenue
Third and Fourth Floor
Rockville, MD 20850
301-765-5400/1-800-787-0243
301-765-5497 (f)

FROM THE CAPITAL BELTWAY (495): Take Exit 35/Route I-270 North towards Frederick. Take Exit 6B, Maryland Route 28 West. This will become Key West Avenue. After 2.5 miles cross Great Seneca Hwy. Shady Grove Medical Park is on the left.

Ambulatory Surgery Center
301-765-5500

Allergy	Nutrition
Audiology	Occupational Therapy
Cardiology	Oncology

Dermatology
Developmental Pediatrics
Ear, Nose, & Throat (Otolaryngology)
EEG
Endocrinology & Diabetes
Gastroenterology
Genetics & Metabolism
Hematology
Nephrology
Neurology
Neuropsychology

Neuropsychology

15245 Shady Grove Rd.
Suite 350
Rockville, MD 20850
301-765-5430
301-765-5497 (f)

FROM POINTS SOUTH: I-270 North towards Frederick. Take exit 6 for MD-28W W. Montgomery Ave. Merge onto Montgomery Ave. Continue for 2 miles. Turn right at Shady Grove Rd. Turn right onto Corporate Boulevard. The building is on the left.
FROM POINTS WEST: I-270 South. Take exit 8 for Shady Grove Rd. Turn right at Corporate Blvd. Make a U-turn
The building is on the left.

Upper Marlboro Regional Outpatient Center

Melwood Professional Building
9440 Pennsylvania Avenue
Suite 210
Upper Marlboro, MD 20772
301-297-4000
301-297-4050 (f)

FROM THE CAPITAL BELTWAY (495): Take I-495 to Exit 11A Pennsylvania Avenue. Continue on Pennsylvania passing 2 traffic lights. After the second light (Suitland Parkway), get into the far right lane. The lane will split. Bear right to Marlboro Pike. Continue through the traffic light. Travel 1/2 mile. You will pass Tuckers Restaurant on the right and see the Melwood Professional Buildings on the left. Turn left at the second entrance into the parking lot.

FROM ROUTE 50 (ANNAPOLIS/BOWIE): Route 301 South. Take the Route 4 Washington Exit. Proceed on Route 4 approximately 5.8 miles to Dowerhouse Road (The first traffic light on Route 4). Turn left on Dowerhouse Road and then an immediate left at next traffic light. Proceed 1/2 mile. You will pass Tuckers Restaurant on the right and see Melwood Professional Buildings on the left. Turn left at the second entrance into the parking lot.

Audiology	Neuropsychology
Cardiology	Nutrition
Ear, Nose, & Throat (Otolaryngology)	Occupational Therapy
Endocrinology & Diabetes	Ophthalmology
Gastroenterology	Physical Therapy
Nephrology	Speech-Language Pathology
Neurology	Surgical Consult
	Urology

VIRGINIA:

Children's Center for Cancer and Blood Disorders of Northern Virginia

6565 Arlington Boulevard, Suite 200
Falls Church, VA 22042
703-531-DOCS (3627)
703-531-1590 (f)

FROM THE CAPITAL BELTWAY (495): Take I-495 to exit 50B (50 East/Arlington Blvd). Go straight on 50 East for 2.5 mi. The building is on the right.

FROM ROUTE 66: Take exit to I-495 heading South. Take I-495 to exit 50B (50 East/Arlington Blvd). Go straight on 50 East for 2.5 mi. The building is on the right.

Hematology
Immunology
Oncology

Children's National Specialists of Virginia, LLC

An affiliated private practice
3023 Hamaker Court
Suite 500
Fairfax, VA 22031
571-766-3100
571-766-3091 (f)

Ophthalmology
Orthopaedics/Sports Medicine
Physical Medicine & Rehabilitation
Physical Therapy
Plastic & Reconstructive Surgery
Psychiatry/Psychology
Pulmonary Medicine
Speech-Language Pathology
Surgery & Surgical Consult
Urology

FROM THE CAPITAL BELTWAY (495): Take I-495 to exit 50A (50 West/Arlington Blvd). Go straight on 50 West. At the fourth light, make a right on Prosperity Ave. Turn right on Executive Park Blvd. Turn left on Hamaker Court.
FROM ROUTE 66: Take exit to I-495 heading South. Take I-495 to exit 50A (50 West/Arlington Blvd). Go straight on 50 West. At the fourth light, make a right on Prosperity Ave. Turn right on Executive Park Blvd. Turn left on Hamaker Court.

Audiology	Plastic & Reconstructive Surgery
Ear, Nose, and Throat (Otolaryngology)	Physical Therapy
Gastroenterology	Radiology
Ophthalmology	Surgery & Surgical Consult
Orthopaedics	Speech-Language Pathology
Physical Medicine & Rehabilitation	Sports Medicine
	Urology

Northern Virginia Regional Outpatient Center

Prosperity Medical Complex
8501 Arlington Boulevard
Second Floor
Fairfax, VA 22031
571-226-8380/1-800-787-0467
571-226-8312 (f)

FROM THE CAPITAL BELTWAY (495): Take Exit 50A onto US Route (50 West/Arlington Blvd.) At the third light, turn left into the Prosperity Medical Complex. Children's Outpatient Center is located in the first building on your right, second floor.

Audiology	Nutrition
Adolescent Medicine	Occupational Therapy
Cardiology	Physical Medicine & Rehabilitation (MDA and spasticity clinic patients only)
Dermatology	Physical Therapy
Developmental Pediatrics	Plastic and Reconstructive Surgery
Endocrinology & Diabetes	Psychiatry/Psychology
Genetics & Metabolism	Pulmonary Medicine
Nephrology	
Neurology	

WASHINGTON, DC:

Spring Valley Regional Outpatient Center

4900 Massachusetts Avenue, NW
Suite 320
Washington, DC 20016
202-895-3860
202-895-3870 (f)

FROM MARYLAND: Go south on Massachusetts Avenue, around Westmoreland Circle, into DC. At the first stoplight, turn right onto 50th Street, and left into the parking lot. Children's is located in the building facing Massachusetts Avenue at the far end of the parking lot.

FROM NORTHERN VIRGINIA: Cross Chain Bridge into DC and turn right onto Canal Road. Go south on Canal 1/2 mile, then turn left onto Arizona Avenue to MacArthur Boulevard. Turn left onto MacArthur, then right onto South Loughboro. Turn left onto Dalecarlia to Westmoreland Circle and take the first right onto Massachusetts Avenue, southbound. At the first stoplight after the circle, turn right onto 50th Street, then left into parking lot. Children's is located in the building facing Massachusetts Avenue at the far end of the parking lot.

Adolescent Medicine	Nutrition
Dermatology	Plastic & Reconstructive Surgery
Endocrinology & Diabetes	Psychiatry/Psychology
Gastroenterology	Speech-Language Pathology
Neuropsychology	Surgical Consult



1-888-884-BEAR
www.ChildrensNational.org

Revised 01/10

