To Iowa Lutheran from I-235 (eastbound and westbound):
- Exit I-235 at Penn Avenue.
- Follow Penn Avenue north.
- Turn left on University Avenue.
- Turn right into the main entrance of Iowa Lutheran Hospital.
- Park in the visitor parking lot located on the south side of the hospital.

To the Psychiatry Clinic at 3-West of Iowa Lutheran:
- Enter the main entrance of Iowa Lutheran.
- Take the main visitor elevator to Level 3.
- Turn right off the elevator and follow to end of hall.
- Clinic check-in is at the end of the hall of 3-West.