- Please bring insurance information and your insurance card with you on the day of your surgery/procedure. You will be responsible for any co-pays at the time of service. We accept cash, check or a major credit card. If you have any questions regarding payment, please contact our business office at 512-901-4600 prior to your surgery/procedure.

- If you have a change in your physical condition prior to surgery (such as cold or fever), please contact your physician’s office as well as the surgery center.

- The Austin Diagnostic Clinic Ambulatory Surgery Center is open Monday through Friday from 6:00 a.m. until 5:00 p.m. You can reach us during business hours at 512-901-4029. After hours, please contact your physician’s office. We are located at 7600A Capital of Texas Highway, first floor (see map below). Information is also available on our website at www.adclinic.com.
Driving Directions

From Central Austin, Traveling on Loop 1 (MoPac Expressway):

- From North Austin go SOUTH on Loop1 (MoPac Expressway) or from South Austin go NORTH on Loop 1 (MoPac Expressway).
- Exit RM 2222, going WEST.
- Exit Capital of Texas Highway (Loop 360), going NORTH.
- Go through the light at LAKEWOOD DR.
- Go 0.3 miles and make the U-TURN to the LEFT.
- Go SOUTH on Capital of Texas Highway (Loop 360) in the right lane.
- Look for the green "RM 2222 EXIT 1 MILE" SIGN
- Turn into the 2nd driveway past the "RM 2222 EXIT 1 MILE" SIGN.
- The Austin Diagnostic Clinic Ambulatory Surgery Center is located at 7600A Capital of Texas Highway (Loop 360).
- The building is set back from the road. It is red brick with white trim and a burgundy awning.

From north of Austin (north of US-183 (Research Blvd.)), traveling on IH35:

- Go SOUTH on IH-35.
- Exit IH-35 at US-183 (Research Blvd) north.
- Go NORTH on US-183 (Research Blvd.)
- Exit Capital of Texas Highway (Loop 360) going SOUTH.
- Continue 2.6 miles SOUTH on Capital of Texas Highway (Loop 360). You will go through three lights (Great Hills Trail, Bluff Stone and Spicewood Springs).
- After the 3rd light, look for the green "RM 2222 EXIT 1 MILE" SIGN.
- Turn into the 2ND driveway past the green "RM 2222 EXIT 1 MILE" SIGN.
- The Austin Diagnostic Clinic Ambulatory Surgery Center is located at 7600A Capital of Texas Highway (Loop 360).
- The building is set back from the road. It is red brick with white trim and a burgundy awning.

From south of Austin (south of Ben White Blvd.), traveling on IH35:

- Go NORTH on IH35.
- Exit IH-35 at US-290 W/ HWY 71 W/ Ben White Blvd. W
- Continue WEST on US 290/ HWY 71 until it becomes Capital of Texas Highway (Loop 360) NORTH.
- Continue NORTH, on Capital of Texas Highway (Loop 360) for several miles until you go through the light at Lakewood Dr. This is the second light past the bridge over Lake Austin.
- Go 0.3 miles past the light at Lakewood Dr. and make a U-TURN, going SOUTH.
- LOOK for the green "RM 2222 EXIT 1 MILE" SIGN.
- Turn into the 2ND driveway past the "RM 2222 EXIT 1 MILE" SIGN.
- The Austin Diagnostic Clinic Ambulatory Surgery Center is located at 7600A Capital of Texas Highway (Loop 360).
- The building is set back from the road. It is red brick with white trim and a burgundy awning.

If you miss the turn at 7600A Capital of Texas Highway (Loop 360). You can make a u-turn at the light at Lakewood Dr. and go north on Loop 360, then make another u-turn and go south to the second (2nd) driveway on your right.
Pre-Operative Instructions

Date of surgery: ________________________  Arrival time: ________________________

Please **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** the night before your procedure/surgery. This includes NO water/liquids, gum, mints, hard candy, chewing tobacco/food. If you are taking heart, high blood pressure or breathing medications, please take the medication with a small sip of water the morning of surgery.  **DO NOT TAKE DIABETIC MEDICATION PRIOR TO SURGERY.**

Please wear loose, casual clothing. No undershirts for men. Wear or bring a pair of socks to keep your feet warm. Please advise your ride to bring a light jacket/sweater and snack.

You will need to make arrangements to be driven home from the surgery center **BY AN ADULT**. Your ride should wait for you at the Center while your surgery is being performed. Please have only ONE family member or friend accompany you.

If you are having general anesthesia, you will need to have an adult stay with you for at least 12 hours following your surgery.

**DO NOT** wear contact lenses to the Center.

Remove all make-up. If you are having hand or foot surgery, remove nail polish.

Before surgery, shower thoroughly, using an antibacterial soap concentrating on the surgical area, unless told otherwise by your surgeon. It is okay to use deodorant, but do not use perfumes or lotions.

**REMOVE ALL JEWELRY,** including body piercings and leave at home.

Please bring your driver’s license, insurance card and method of payment.

Most important, **LEAVE YOUR VALUABLES AT HOME**. Examples: purses, wallets, rings, watches, necklaces, earrings, cell phones, tablets, computers.

Special note for **WOMEN**: please let us know if you are pregnant or think you are pregnant. This may change the type of anesthetic and/or medications that you are given.

If you have an “Advanced Directive,” Please bring it with you. Our staff will need to make a copy of it for your medical record.
Post-Operative Instructions While Taking Pain Medications

Some side effects while taking post-op medicine can be constipation and nausea.

It is not unusual for patients who have had surgery and who are taking narcotic pain medication to be constipated. Straining with a BM can make your pain worse. Eat more foods high in fiber, such as raw fruits and vegetables, whole-grain breads and cereals, dried fruits, popcorn and nuts. But, avoid hard cheeses and refined grains, such as rice and macaroni.

You should take a fiber supplement (eg., Metamucil, Fibercon, Konsyl, Citrucel) or stool softener medicine to help make your BMs softer and more regular. Drinking warm or hot liquids or prune juice can help make your bowels more active. Walking is a very good way to get your bowels moving. If gentle laxatives such as prune juice, Ducolax tabs are not helping, you may use Milk of Magnesia as directed on the bottle or Magnesium Citrate as directed on the bottle. All laxatives listed are found over the counter and do not require a prescription.

Nausea Symptoms:

Should you experience nausea during the post-operative period, this is usually related to the pain medication and can be treated by stopping medication. You can gradually taper this over to plain Tylenol. If you had no past problems with ulcer disease or gastrointestinal bleeding or allergies to aspirin, you can use Ibuprofen. Do not drive while you are taking prescription pain medication.

Pain medicine refills:

Please contact your pharmacy first for medication refills. They will notify our office or your request.

Important numbers:
- Main Office Number: 512-901-4019
- 24 Hour Number: 512-901-1111
- Appointment Number: 512-901-4069