

Frequently Asked Questions

Q: Can I drink alcohol during outpatient period?

A: Yes, but no more than 2 servings of alcohol each day. Also no alcohol the day before the day that you report to the CCRC for fasting blood draw and hydrogen breath collection.

*1 serving is equal to 12 oz of regular beer = 5 oz of wine = 1.5 oz of 80-proof distilled spirits

Q: When do I need to start fasting? and for how many hours?

A: Fast for 12 hours the night before you come in to the CCRC for screening, for the inpatient stays, and for the Friday Kool-Aid pickup/ fasting blood draw/ hydrogen breath collection. You do not need to fast prior to the Monday Kool-Aid pickup.

Q: What kind of drinks can we drink during outpatient period?

A: Do not drink any sweet drinks--sugar-sweetened or naturally-sweetened (i.e. orange juice)--besides the ones that we provide for you. You can have diet soda or use artificial sweetener (Splenda) for your coffee.

Q: How many times do I need to drink the beverages?

A: 1 bottle per main meal (breakfast/lunch/dinner) or 3 bottles each day. We prefer that you drink the beverages with a meal. If you only eat two meals a day, just drink the beverages closest to the meal times.

Q: What kind of food can I eat during outpatient period?

A: You may eat any kind of food that you normally eat.

Q: Can I drink coffee during outpatient period?

A: Yes, but do not add sugar--artificial sweetener like Splenda is allowed.

Q: Do I need to bring back the cooler bag to the CCRC?

A: Yes, bring the cooler bag when you report back to the CCRC or Davis

Q: Will the University send the tax information?

A: Yes, UC Davis will send the tax information.