

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 inpatient procedures.

*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 and for the inpatient stays. You do not need to fast prior to the beverage or meal pickups.

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 (non-standardized meal days) 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.