



Welcome to UC Irvine Health! You're on your way to a healthier you.

What to expect during your stay



Monday

- Arrive at your hotel and rest.
- Nutrition guide: 5 protein drinks plus 1 protein bar
- Before bed, shower with chlorhexidine soap to prevent infection before surgery. Soap is also known as Hibiclens antimicrobial and antiseptic skin cleanser.



Tuesday

- Visit the H.H. Chao Comprehensive Digestive Disease Center, temporarily located at the Chao Family Comprehensive Cancer Center, **Bldg. 23**. Check in on 3rd floor for your pre-surgical appointment.
- Nutrition guide: Stay on a full-liquid diet; water and 4-5 protein drinks only. You will need to stop drinking anything after midnight. This is the night before surgery. To ensure your safety, your stomach needs to be empty.
- Before bed, shower with chlorhexidine soap to prevent infection before surgery. Soap is also known as Hibiclens antimicrobial and antiseptic skin cleanser.



Wednesday

- It's surgery day! Before bed, shower with chlorhexidine soap to prevent infection before surgery. Soap is also known as Hibiclens antimicrobial and antiseptic skin cleanser.
- Please plan to arrive at UC Irvine Health Douglas Hospital two hours before surgery. Wear simple, loose clothing and leave your valuables at home or at your hotel. Enter the main lobby of the hospital and go to the surgical reception area on the second floor.
- Nutrition guide: For your safety, do not have any food or drinks before surgery.



Thursday

- Continue your recovery and expect to be discharged from the hospital, following an evaluation by your physician.
- Nutrition guide: Start your protein-based liquid diet. 3-4 protein drinks, soup broth (optional), sugar-free Jello™ (optional)



Friday, Saturday, Sunday and Monday

- Continue your recovery. Rest at home or at the hotel but stay mobile. We suggest walking in the lobby of your hotel, 3 times per day. We are here for you. If you have any questions, please call 1-844-NU-SHAPE (68-74273).
- Nutrition guide: 3-4 protein drinks, soup broth (optional), sugar-free Jello™ (optional)



Tuesday

- It's time to check in. Your physician will like to see how you're feeling. Visit the H.H. Chao Comprehensive Digestive Disease Center, temporarily located at the Chao Family Comprehensive Cancer Center, **Bldg. 23**. Check in on the 3rd floor.
- If cleared, you can go home today. Remember to refrain from lifting heavy objects and get plenty of rest.
- Nutrition guide: 3-4 protein drinks, soup broth (optional), sugar-free Jello™ (optional)

Please refer to your patient education booklet for more information or call 844-NUSHAPE (687-4273).

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