



# Bowel preparation for colonoscopy and gastroscopy

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**MARCELLE RUTH**

CANCER CENTRE & SPECIALIST HOSPITAL

**The Marcelle Ruth Cancer Centre  
& Specialist Hospital is the first  
comprehensive healthcare centre of its  
kind in Nigeria and indeed West Africa.**

**> Our promise**

In everything we do, we believe that compassion and care make all the difference.

With vast experience and understanding, our specialist team uses the very latest technology and treatments to deliver the best outcomes possible.

From screening and diagnosis to treatment and ongoing support, we are committed to providing outstanding care to those in need.

# Bowel preparation for colonoscopy and gastroscopy

Please follow the instructions below:

Starting 24 hours before your procedure:

- 1 Light breakfast only (pap, custard) before 11am.
- 2 Picolax powder in a glass of cold water at 12 noon and at 6pm.
- 3 One glass of water hourly from 12 noon to 10pm.
- 4 Other fluids including Lucozade or Sprite between glasses of water as required.
- 5 For a morning procedure, please come fasting (no more fluids from 12 midnight). However, please take your blood pressure medication with a little water in the morning where required.

Please call +234 906 200 0773 if you have any further enquiries.

Thank you.

**Marcelle Ruth**

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