

## What is Cystoscopy?

Cystoscopy is the visual examination of the inner lining of your bladder and urethra, by means of a very thin fiber optic scope.

By using this instrument, your provider can detect the presence of tumors, stones or inflammation.

A numbing gel will be applied to your urethra to minimize any discomfort. This is all done with a digital camera to allow you to view the entire study.

## Why you need a Cystoscopy?

Your provider may perform a cystoscopy for evaluation and diagnosis of the following conditions:

- Urinary Tract Infections
- Stones in your Urinary Tract
- Frequent Urination
- Painful Urination
- Blood in Urine
- Bladder Tumors
- Incontinence
- Enlarged Prostate

## General Information

### Address

24076 SE Stark Street, Suite 310  
Gresham, OR 97030

### Office Phone and Fax

Phone 503-492-6510  
Fax 503-492-6502

### Website and E-mail

[www.1uro.com](http://www.1uro.com)  
Visit our patient portal

### Payment

Charges and/or co-payments are payable at the time of treatment. Our office relies on you to settle your account. If arrangements are needed, please talk to our billing specialist prior to receiving services.

### Main Hospital Affiliations

Legacy Mt. Hood Medical Center  
Providence Portland Medical Center  
*Courtesy affiliations in other regional hospitals*



*The Center for Men's and Women's Urology, LLC is a HIPPA compliant practice, for more information please visit our website at [www.centerforurology.com](http://www.centerforurology.com)*

*The Center for Men's & Women's Urology, LLC does not recognize advanced directives.*



The Center  
For Men's and  
Women's Urology, LLC

## Cystoscopy

**Shammai Rockove, M.D., F.A.C.S.**  
Physician & Surgeon

**Melanie Crites-Bachert, DO, FACOS, FACS**  
Physician & Surgeon

**Varun Sundaram, M.D.**  
Physician & Surgeon

**Meghan Sperandeo, N.D.**  
Doctor of Naturopathy

**Stacy Landers, P.A.-C.**

**Specializing in the diagnosis and treatment of disorders of the urinary tract.**

# Providers Performing Your Procedure

**Shammai Rockove, M.D.**  
F.A.C.S.



Doctor Rockove received his medical degree from Rush Medical College, Chicago, Illinois. He completed his general surgery and urologic surgery training at the University of Maryland Medi-

cal Center. He did his pediatric urology surgery training at the prestigious Johns Hopkins Hospital. Dr. Rockove joined the faculty of urology at OHSU in 1995 where he was active in both clinical care and specialty research. Dr. Rockove founded The Center for Men's and Women's Urology in 2001, and is certified by The American Board of Urology in both General Urology and Female Pelvic Medicine and Reconstructive Surgery. He currently holds faculty positions at local medical schools and was previously the Director of the Providence Portland Continence Program.

**Melanie Crites-Bachert, D.O.**  
F.A.C.O.S. F.A.C.S.



Doctor Crites-Bachert received her medical degree from the West Virginia School of Osteopathic Medicine in 2003. She completed residency in Urologic Surgery at the University of Medicine and

Dentistry New Jersey. She received two years of Fellowship training at the Cleveland Clinic Florida, to sub-specialize in Female Pelvic Medicine, Voiding Dysfunction, and Pelvic Reconstructive Surgery. She was named Oregon's Premiere implanter of Interstim – a therapy for urinary incontinence. Dr. Crites-Bachert is board certified by the American Osteopathic Board of Surgery and a Fellow of the American College of Osteopathic Surgeons and Fellow of the American College of Surgeons.

**Varun Sundaram, M.D.**



Dr. Sundaram received both his undergraduate and medical degrees from Washington University in St. Louis. After eight years in St. Louis, he moved to Dallas, Texas, where he

completed his general surgery and urologic surgery training at UT Southwestern. During his training, Dr. Sundaram developed an interest in advanced robotic surgery of the prostate, bladder, and kidney. He is well versed in treatments for benign prostatic hyperplasia ranging from robotic simple prostatectomy for very enlarged prostates to newer minimally invasive options, such as rezum or urolift, for medium and small sized glands. Dr. Sundaram also offers more traditional methods, such as transurethral resection of the prostate, laser ablation of the prostate, and transurethral incision of the prostate. Both he and his wife enjoy the outdoors and food of all shapes and forms. In his spare time he likes to cook and create new dishes for his friends and family.

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## Preparing for Cystoscopy

How should you prepare for a cystoscopy?

It is important that you be free of urinary infection before your procedure. This will be checked in the office. Otherwise, no special preparation is needed.

## Following your Cystoscopy

You may see a little blood in your urine after the procedure; this is normal. If you notice clots, or a substantial amount of blood, please call our office.

You may experience mild, transient discomfort with urination afterwards. If this persists, please call our office.

Drink plenty of water after the procedure, unless directed otherwise by your provider.

An antibiotic will often be prescribed as there is a small, but known risk of infection with the procedure.