



**TriHealth**  
**Women's Services**

Cincinnati Urogynecology Associates

Steven Kleeman, MD FACOG  
Rachel Pauls, MD FACOG

### **Typical Initial Office Visit**

As a new patient to Cincinnati Urogynecology Associates, you will receive a packet of information to complete prior to your first visit. This packet contains directions to our office locations, registration forms, medical history forms, and symptom diaries. ***It is important for you to spend time before your appointment completing these forms.*** Having the information completed prior to your appointment will allow more interactive time and care planning with the staff and physicians.

The following process will occur on your first visit. The visit will take approximately 1-1 ½ hours. It will begin with a member of our clinical team taking and recording your vital signs while the physician reviews the packet of information that you have completed. One of our physicians will meet with you to discuss your medical history, reason for your visit, significant problems or symptoms that you are experiencing and how these problems are affecting your quality of life. The doctor will also review your symptom diaries.

### **If you are visiting for Incontinence, Prolapse, or Bladder Issues:**

After the initial interview with the physician, they will ask you to prepare for the physical exam. You will be given time to use the restroom, which is located in the exam room, and to undress for the exam. This exam is similar to those given at your gynecology office; however, our physician is a specialist who is looking for physical changes that may be causing your symptoms.

Typically, a bladder test is done to understand the scope and origins of your symptoms. The bladder test generally takes about 15-20 minutes and will give the physician measurements of your bladder function. Once the test is completed, the doctor will review the findings with you. A course of treatment will then be discussed which could include pelvic floor physical therapy, medication, further testing, and/or surgical intervention. There will be time for you to ask questions of the physician.

### **If you are visiting for Female Sexual Dysfunction:**

Your first visit will involve a consultation with Rachel Pauls, MD. She will utilize her broad understanding of pelvic floor anatomy, physiology, hormonal and anatomic changes to diagnose your condition. During your initial consultation, Dr Pauls will review the information packet that you have completed prior to your visit.

You will be asked to prepare for the physical exam. Following the exam, she may spend more time talking with you about your sexual function to clarify your specific concerns. Once all the information is reviewed, Dr Pauls may order further testing, such as blood work. A follow-up appointment is normally scheduled 2-4 weeks after your first visit to discuss any test results and a plan of care.

*West Chester*  
7759 University Drive  
Suite D  
West Chester, OH 45069  
513-463-4309

*Good Samaritan Women's Center*  
Medical Office Building  
3219 Clifton Avenue, Suite 100  
Cincinnati, OH 45220  
513-862-1888