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PATIENT & CAREGIVER EDUCATION

# Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Deep Vein Thrombosis

This information explains nursing discharge instructions for deep vein thrombosis from the Urgent Care Center (UCC) or the Symptom Care Clinic (SCC).

## Deep Vein Thrombosis

Deep vein thrombosis (DVT) can happen when an abnormal blood clot forms in a vein deep inside your body.

Avoid massaging the area. Take your medications as prescribed. If you are on blood thinners, please review the patient education information your healthcare provider gave you.

Call 911 or visit the nearest emergency room if you have:

- Sudden chest tightness or pain.
- Sharp pain when taking a deep breath.
- Cough with bloody mucus.
- Sudden shortness of breath or fast breathing.
- A fast heart rate.
- Cold skin, clammy skin, or sweating.

- New swelling in the arms or legs.

Follow up with your MSK healthcare team after discharge.

For more information, visit [mskcc.org/pe/blood\\_clots](https://mskcc.org/pe/blood_clots)

You can search for information on this topic and many others in MSK's Patient and Caregiver Education library at [www.mskcc.org/pe](https://www.mskcc.org/pe)

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](https://www.mskcc.org/pe) to search our virtual library.

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