Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Falls

This information explains nursing discharge instructions for falls and how to avoid falls from the Urgent Care Center (UCC) or the Symptom Care Clinic (SCC).

Falls

Falls are a serious health risk. You are at risk for falling.

What to do to help prevent falling:

- Call for help if you feel unsteady, weak, or dizzy.
- Use assistive devices such as canes, walkers, shower chairs, or wheelchairs if needed.
- Be aware of your surroundings.
- Watch for obstacles such as throw rugs, toys, stairs, or slippery or uneven surfaces.
- Wear well-fitting rubber-soled shoes, such as sneakers

What to do if you fall:

- Stay calm.
- Look for signs to decide if you have been hurt or have an injury.
- If you think you can get up safely, try to get up.
- If you are hurt or cannot get up on your own, try to get help.
- If no one is available to help, try to get comfortable and wait for someone to arrive who can help you.
- Tell family and friends that you fell.

Call your MSK healthcare team or go to the nearest emergency room after you have had a fall, especially if you are on medications to thin your blood or have hit your head. Your care team may direct you to your regional Symptom Care Clinic (SCC) or the Urgent Care Center (UCC).

Follow up with your MSK healthcare team after discharge.

For more information, visit
www.mskcc.org/pe/avoid_falling

You can search for information on this topic and many others in MSK's Patient and Caregiver Education library at

www.mskcc.org/pe

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Falls - Last updated on April 17, 2026
All rights owned and reserved by Memorial Sloan Kettering Cancer Center