Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Pulmonary Embolism

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

Pulmonary Embolism

A pulmonary embolism is when an abnormal blood clot blocks the flow of blood in a blood vessel in your lung.

If you are on blood thinners, review the patient education information your healthcare provider gave you for more information.

Take your medications as prescribed.

Call 911 or go to 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.
- Fast heart rate.
- Cold, clammy skin and sweating.
- Fainting.

- Anxiety (feeling very worried or panicked).

Follow up with your MSK healthcare team after discharge.

For more information, visit www.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

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.

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