



---

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](http://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](http://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](http://www.mskcc.org/pe) to search our virtual library.

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions:  
Pulmonary Embolism - Last updated on March 21, 2023

All rights owned and reserved by Memorial Sloan Kettering Cancer Center