



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 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 to search our virtual library.

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