



PATIENT & CAREGIVER EDUCATION

# Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Shortness of Breath

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

## Shortness of Breath

Call 911 if you feel like you cannot breathe.

Take your medications as prescribed.

Call your MSK healthcare team or visit the nearest emergency room if you have:

- New or worsening shortness of breath.
- Chest pain.
- Coughing blood.
- Signs of infection, such as a fever of 100.4°F (38°C) or higher, shaking chills, or sweating.

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/short\\_breath](http://www.mskcc.org/pe/short_breath)

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

---

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Shortness of Breath -  
Last updated on April 17, 2026

All rights owned and reserved by Memorial Sloan Kettering Cancer Center

### **Last Updated**

April 17, 2026

Learn about our [Health Information Policy](#).

# Tell us what you think

# Tell us what you think

Your feedback will help us improve the educational information we provide. Your care team cannot see anything you write on this feedback form. Please do not use it to ask about your care. If you have questions about your care, contact your healthcare provider.

While we read all feedback, we cannot answer any questions. Please do not write your name or any personal information on this feedback form.

Was this information easy to understand?

Yes

Somewhat

No

What could we have explained better?

Please do not write your name or any personal information.

Submit