



NORTHSIDE HOSPITAL



GETTING READY FOR DISCHARGE

Going Home:

- A pulmonary embolism (PE) is a blood clot that blocks blood flow in the lungs.
- Most PEs begin as a clot in a deep vein of the leg, called a Deep Vein Thrombosis (DVT).
- **The good news:** With early diagnosis and proper treatment, most people recover well.

FOLLOW-UP CHECKLIST

After leaving the hospital or clinic, make sure you:

- ☐ **Take your blood thinner exactly as prescribed.**
 - Do not skip doses or stop the medication unless your healthcare provider tells you to.
- ☐ **Schedule and attend your follow-up appointments:**
 - with your PE care team (Pulmonologist or Hematologist)
- ☐ **Know the signs of bleeding** and call your healthcare provider if you notice:
 - Unusual bruising
 - Blood in your urine or stool
 - Frequent nosebleeds
 - Severe headaches or dizziness
 - Coughing up blood
- ☐ **Stay active.**
 - Walk daily and gradually increase your activity as directed by your healthcare provider.
- ☐ **Prevent future blood clots.**
 - Stay hydrated, avoid sitting for long periods, and move your legs during long trips.
- ☐ **Carry a list of your medications** or wear a medical alert bracelet if you take a blood thinner.

Bring to Your Next Appointment:

- ☐ Medication list
- ☐ Questions or concerns
- ☐ Any new symptoms or side effects
- ☐ Blood pressure or oxygen readings (if instructed to monitor them)

Know when to call 911. Call for any of the following:

- Sudden severe shortness of breath
- Chest pain
- Coughing up blood
- Fainting or collapse
- Blue or gray lips or face
- Severe dizziness

