

CUBITAN INFORMATION SHEET



YOU ARE RECOMMENDED TO TAKE CUBITAN AS FOLLOWS:

..... bottles per day, for weeks or until your next review on the / /

What is Cubitan?

Cubitan is an oral nutritional supplement specially designed for people with chronic wounds. It contains particular nutrients that are needed during the wound recovery process.

Why have I been prescribed Cubitan?

Cubitan is prescribed for you as part of your wound management plan. When you have a wound you lose a lot of protein and other nutrients from the wound, so your body requires higher intake than usual to recover. Along with rest and the use of dressings, good nutrition may help your wound to recover as quickly and completely as possible.

How do I take Cubitan?

Ideally you would drink it in between meals, at snack times. Cubitan can be poured into a mug or glass or sipped from the bottle. It is important to remember that Cubitan should be taken alongside your usual meals and is not intended to replace what you usually eat.

Do I have to drink it all in one go?

You don't have to drink your Cubitan all at once. Once opened, Cubitan can be stored in a refrigerator for up to 24 hours.

This information is intended for patients, and carers, who have been prescribed Cubitan by a Healthcare Professional.

Cubitan is a Food for Special Medical Purposes for the dietary management of chronic wounds and must be used under medical supervision. Accurate at time of publication: **January 2022**



**NUTRICIA
Cubitan**

Can I heat Cubitan?

Yes, you can gently warm Cubitan or add it to soups, hot drinks, or custard. To make a hot chocolate or mocha flavoured drink, pour Chocolate flavour Cubitan into a pan and warm through gently. Make sure you do not boil it as this may alter the taste and destroy some of the nutrients.

Can I freeze Cubitan?

Yes, pour Cubitan into a freezer-safe container, ice cube tray or ice lolly mould and freeze. This makes a refreshing snack for hot weather or may help to relieve a sore mouth.

NOTES



AVAILABLE IN THREE FLAVOURS:
Strawberry, Vanilla & Chocolate flavours

Please speak to your healthcare professional to find out more information.

Further Information

Please visit our website or
call freephone **1800 923 404**

USE PHONE TO SCAN
the QR code to visit
our website for more
information on Cubitan

