

# NUTRICIA Cubitan®

## 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 treatment plan. When you have a wound you lose a lot of protein and nutrients from the wound, so your body needs to take in more 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.

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: August 2020.

This information is intended for healthcare professionals to give to patients who have been prescribed Cubitan.



Scan here to learn more about Cubitan

# Cubitan FAQs

## How long should I take Cubitan for?

Your doctor or nurse will advise you and usually they will prescribe Cubitan for the length of time it will take for your wound recovery. It is very important for your wound healing that you take Cubitan for as long as you are prescribed and in some cases, that may mean visiting your pharmacy after each month.

## 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.

## 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.

## 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.

**Cubitan is available in Strawberry, Vanilla and Chocolate flavours. Please speak to your healthcare professional to find out more information.**

For further information please scan here  
or freephone 1800 923 404

