Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru
Public Health Wales

4CMenB vaccine

This vaccine is for people who have more chance of catching an illness called gonorrhoea

Mae'r daflen hon ar gael yn Gymraeg. You can get this leaflet in Welsh.

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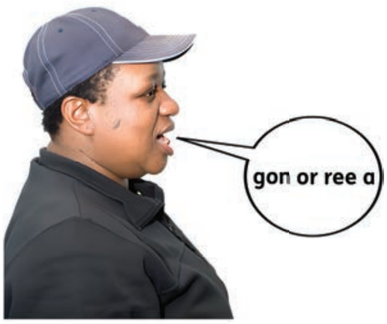
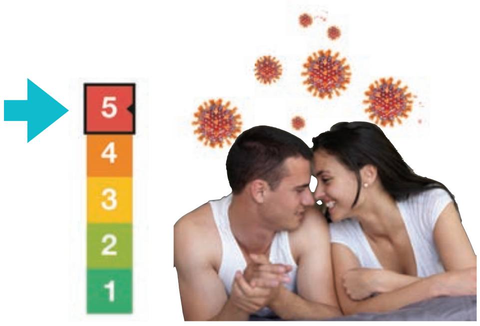


What is gonorrhoea

We say it like this **gon or ree a**.

You can get gonorrhoea when you have sexual contact with someone who has it.

Gonorrhoea can give you serious health problems. Things like painful testicles and problems getting pregnant.



It can also give you more chance of catching other infections through sexual contact.

Anyone can get gonorrhoea.

Many people who get it are aged 15 to 24.

Many men who have sex with men are also told they have it.

How gonorrhoea spreads

You can get it when you have sex without using a **condom**.

A **condom** is put on a penis. You put it on just before you have sex.

You can also get it from **sex toys** if you do not wash them first. Or if you do not put a condom on them.

A **sex toy** is something people can use when they have sex. It helps them feel good.

You can get free condoms from your local **sexual health** clinic.

Sexual health is about keeping safe and healthy before and when you have sex.

Symptoms of gonorrhoea

Symptoms are the things you feel when you have gonorrhoea.

Not everyone has all of the symptoms.

When you get gonorrhoea, most symptoms start within 2 weeks.

But sometimes they might not start for several months.

You get most of the symptoms in your **genitals**.

Your **genitals** are places like your penis or vagina.

Things you might feel if you have gonorrhoea are:

- Pain when you go for a wee.

- Thick green or yellow liquid coming out of your penis or vagina.

You might have other symptoms too, like:

- Pain or itching in your bum.

- Sore or red eyes.

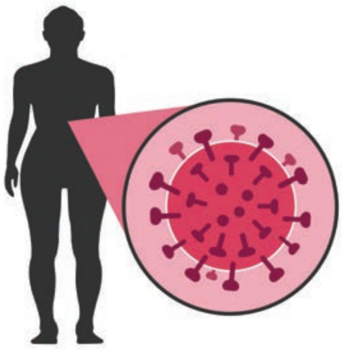
- A thick green or yellow liquid coming out of your anus or eyes.

Some people do not have any symptoms. But they can still give it to someone else.

If you think you have gonorrhoea, you should contact your local sexual health clinic or local doctors.

Or you could phone NHS 111 Wales.

What is a vaccine



A **vaccine** is a medicine that helps to keep you safe from catching an illness.

Getting a vaccine is usually done by giving you an injection at the top of your arm.

The vaccine for gonorrhoea is called the **4CMenB** vaccine. It is very safe. It will not give you gonorrhoea.

The vaccine might not stop you from catching gonorrhoea. But it will help to give you less chance of catching it.

The vaccine can also help to protect you from other serious infections.

Who can have the vaccine

You can have the vaccine if you are a man who has sex with other men and:

- You have had an infection from having sex in the last 12 months.

- Or you have had sexual contact with 5 or more different people in the last 3 months.

Other people may be able to have the vaccine. A doctor or nurse will tell you if they think you need it.

How to get the vaccine

If you think you have a high chance of catching gonorrhoea, ask your local sexual health clinic.

They will tell you if you can have the vaccine.

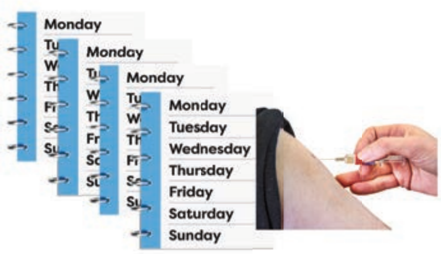
You can find your closest sexual health clinic online here:

111.wales.nhs.uk/localservices

The vaccine will not cost you any money.

Getting the vaccine

You will need 2 injections.
You do not have them at the same time.



You should have the 2nd injection at least 4 weeks after your 1st injection.

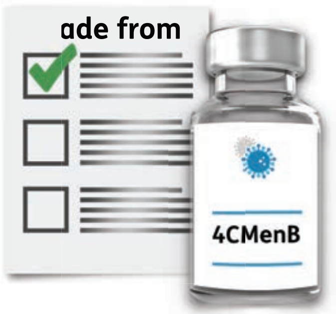
When you have had both injections you do not need to have any more.

You should still have the vaccine if you have had gonorrhoea before.

If you do not like needles, tell the person who is giving you the injection.
They will support you.

Who should not have the vaccine

Most people who are allergic to something can have the vaccine with no problems.



You should not have the vaccine if:

- You are allergic to something that the vaccine is made from and it gives you a **serious reaction**

or

- You have had a **serious reaction** to the vaccine before.

A **serious reaction** is when:

- You find it hard to breathe.

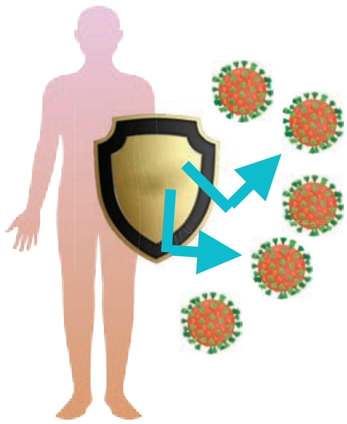
- You feel confused, faint and you cannot be woken up.

- Your face, neck or tongue start to swell up.

Tell the person giving you the vaccine if you have had a serious reaction to the vaccine before.

Speak to the person giving you the vaccine if you:

- Have problems with your blood.



- Have problems with your **immune system**.

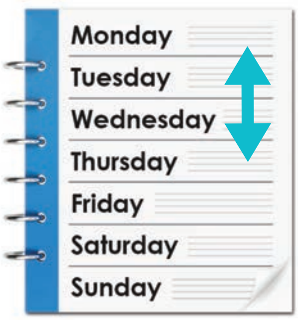
  Your **immune system** is the part of your body that helps to protect you from infections.

They will check to make sure it is ok for you to have the vaccine.

Side effects

Side effects are things that might happen to you after you have had the vaccine.

Not everyone gets side effects.



If you do get them, they should only last for 1 to 2 days.

Things you might feel after the vaccine are:

- Having a sore arm where you had the injection.

- Aches in your body.

- Feeling unwell.

- Feeling sick.

- A headache.

You can have paracetamol to help with these things.

Remember to read the instructions on the packet.

You should not drive or use machines if you feel unwell.

If you are worried, speak to your local doctor or nurse.

More information

If you want more information about the vaccine, you can speak to the sexual health clinic.

You can also phone NHS 111 Wales.

Phone 111

It is free to call this number.

You can look on the Public Health Wales website:

phw.nhs.wales/vaccines

To find out how the NHS uses your information, visit:

111.wales.nhs.uk/AboutUs/Yourinformation

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Easy Read UK

Rhagor o wybodaeth

Os ydych chi eisiau mwy o wybodaeth am y brechlyn rydych chi'n gallu siarad a'ch meddyg.

Rydych chi'n gallu ffonio GIG 111 Cymru hefyd.

Ffonio 111

Mae'n rhad ac am ddim i ffonio'r rhif hwn.

Rydych chi'n gallu edrych ar wefan Iechyd Cyhoeddus Cymru:

icc.gig.cymru/brechlynnau

Ewch i'r wefan hon i gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth chi:

111.wales.nhs.uk/amdanomni/eichgwybodaeth

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Easy Read UK

- Teimlo eich bod yn mynd i chwydu.

- Cur pen/pen tost.

Rydych chi’n gallu cymryd parasetamol i helpu gyda'r pethau hyn.

Cofiwch ddarllen y cyfarwyddiadau ar y pecyn.

Peidiwch â gyrru na defnyddio peiriannau os ydych yn teimlo'n sâl.

Os ydych chi'n poeni, siaradwch â'ch meddyg neu nyrs leol.

Sgil-effeithiau

Sgil-effeithiau yw'r pethau sy'n gallu digwydd i chi ar ôl i chi gael y brechlyn.

Dydy pawb ddim yn cael sgil-effeithiau.

Os byddwch chi'n cael sgil-effeithiau, dylen nhw wella ar ôl diwrnod neu ddau.

Mae'n bosibl byddwch chi'n teimlo'r pethau hyn ar ôl cael y brechlyn:

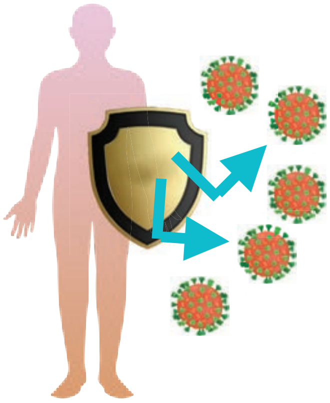
- Braich boenus lle cawsoch chi'r pigiad.

- Poenau yn eich corff.

- Teimlo'n sâl.

Siaradwch â'r person sy'n rhoi'r brechlyn i chi os:

- Oes gyda chi broblemau gyda'ch gwaed.



- Oes gyda chi broblemau gyda'ch **system imiwnedd**.

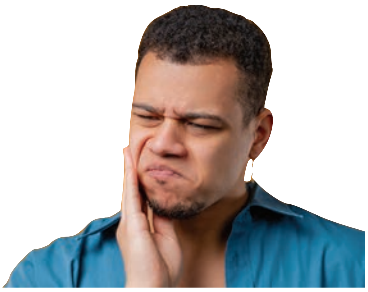
  Eich **system imiwnedd** yw'r rhan o'ch corff sy'n helpu i'ch diogelu chi rhag heintiau.

Bydd yn gwneud yn siŵr ei bod yn iawn i chi gael y brechlyn.

Mae **adwaith difrifol** yn golygu:

- Eich bod chi'n cael trafferth anadlu.

- Eich bod chi'n teimlo'n ddryslyd, yn benysgafn a dydy hi ddim yn bosibl eich deffro chi.

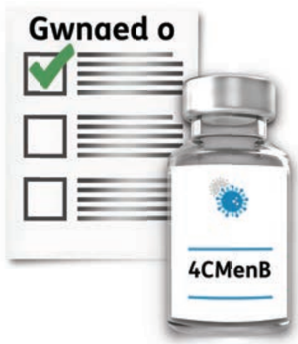


- Bydd eich wyneb, gwddf neu dafod yn dechrau chwyddo.

Rhowch wybod i'r person sy'n rhoi'r brechlyn i chi os ydych chi wedi cael adwaith difrifol i'r brechlyn o'r blaen.

Pwy na ddylai gael y brechlyn

Mae'r rhan fwyaf o bobl sydd ag alergedd i rywbeth yn gallu cael y brechlyn heb broblem.



Ddylech chi ddim cael y brechlyn os oes gennych chi:

- Alergedd i rywbeth sydd yn y brechlyn sy'n achosi i chi gael **adwaith difrifol**

neu

- Rydych chi wedi cael **adwaith difrifol** i'r brechlyn o'r blaen.

Cael y brechlyn

Bydd angen 2 bigiad arnoch chi. Fyddwch chi ddim yn cael y ddau bigiad ar yr un pryd.

Dylech gael yr ail bigiad o leiaf 4 wythnos ar ôl eich pigiad cyntaf.

Pan fyddwch wedi cael y ddau bigiad ni fydd angen i chi gael rhagor ohonynt.

Dylech chi gael y brechlyn hyd yn oed os ydych chi wedi cael gonoroea o'r blaen.

Dylech chi ddweud wrth y person sy'n rhoi'r pigiad i chi os nad ydych chi'n hoffi nodwyddau. Bydd y person yn eich cefnogi chi.

Sut i gael y brechlyn

Os ydych chi'n meddwl bod gyda chi siawns uchel o ddal gonoroea, gofynnwch i'ch clinig iechyd rhywiol lleol.

Bydd y meddyg yn dweud wrthoch chi os ydych chi'n gallu cael y brechlyn.

Rydych chi’n gallu dod o hyd i'ch clinig iechyd rhywiol agosaf ar-lein yma:

111.wales.nhs.uk/localservices/default.aspx?locale=cy&term=A

Fydd dim angen i chi dalu i gael y brechlyn.

Pwy all gael y brechlyn

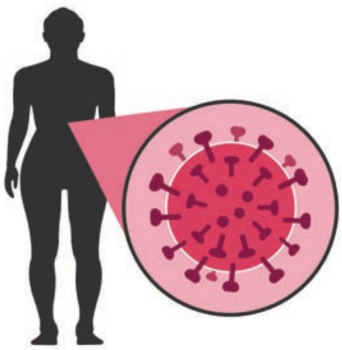
Rydych chi'n gallu cael y brechlyn os ydych chi'n ddyn sy'n cael rhyw gyda dynion eraill ac:

- Rydych chi wedi cael haint o gael rhyw yn ystod y 12 mis diwethaf.

- Neu rydych chi wedi cael cyswllt rhywiol â 5 neu fwy o bobl wahanol yn ystod y 3 mis diwethaf.

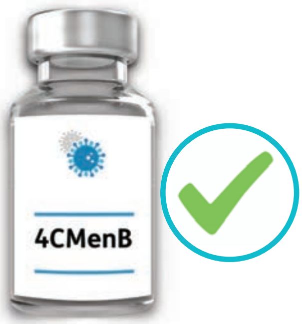
Efallai bydd pobl eraill yn gallu cael y brechlyn. Bydd meddyg neu nyrs yn dweud wrthoch chi os ydyn nhw'n meddwl eich bod chi angen cael y brechlyn.

Beth yw brechlyn



Mae **brechlyn** yn feddyginiaeth sy'n helpu i'ch cadw chi'n ddiogel rhag dal salwch.

Mae brechlynnau fel arfer yn cael eu rhoi trwy bigiad yn rhan uchaf eich braich.



4CMenB yw’r enw ar frechlyn gonoroea. Mae'n ddiogel iawn. Fydd e ddim yn rhoi gonoroea i chi.

Efallai fydd y brechlyn ddim yn eich atal rhag dal gonoroea. Ond bydd yn helpu i roi llai o siawns i chi o'i ddal.

Mae’r brechlyn hefyd yn gallu helpu i'ch amddiffyn rhag heintiau difrifol eraill.

Dydy rhai pobl ddim yn cael unrhyw symptomau. Ond maen nhw’n dal yn gallu rhoi gonoroea i rywun arall.

Os ydych chi'n meddwl bod gonoroea arnoch chi, mae angen i chi gysylltu â'ch clinig iechyd rhywiol lleol neu feddyg lleol.

Neu rydych chi’n gallu ffonio GIG 111 Cymru.

Dyma'r pethau mae'n bosibl byddwch chi'n teimlo os oes gonoroea arnoch chi:

- Poen pan rydych chi'n gwneud pi-pi.

- Hylif gwyrdd neu felyn trwchus yn dod allan o'ch pidyn neu'ch fagina.

Efallai bydd symptomau eraill hefyd, fel:

- Poen neu gosi yn eich pen-ôl.

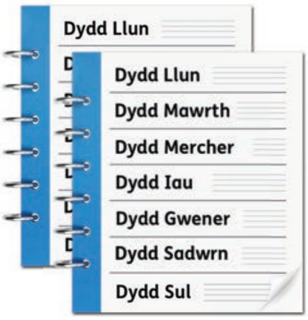
- Llygaid sy'n brifo neu'n goch.

- Hylif trwchus gwyrdd neu felyn yn dod allan o'ch anws neu'ch llygaid.

Symptomau gonoroea

Symptomau yw'r pethau rydych chi'n teimlo pan fydd gonoroea arnoch chi.

Dydy pawb ddim yn cael yr holl symptomau.



Pan mae gonoroea arnoch chi, mae'r rhan fwyaf o'r symptomau'n dechrau o fewn dwy wythnos.

Ond weithiau fyddan nhw ddim yn dechrau am sawl mis.

Rydych chi'n cael y rhan fwyaf o'r symptomau yn eich **organau cenhedlu**.

Eich **organau cenhedlu** yw lleoedd fel eich pidyn neu'ch fagina.

Sut mae gonoroea yn lledaenu

Rydych chi’n gallu cael gonoroea pan rydych chi'n cael rhyw heb ddefnyddio **condom**.
Mae **condom** yn cael ei roi ar bidyn.
Rydych chi'n ei roi ymlaen ychydig cyn i chi gael rhyw.

Rydych chi hefyd yn gallu ei gael o **deganau rhyw** os dydych chi ddim yn eu golchi nhw yn gyntaf.
Neu os dydych chi ddim yn rhoi condom arnyn nhw.
Mae **tegan rhyw** yn rhywbeth mae pobl yn gallu ei ddefnyddio pan maen nhw'n cael rhyw. Mae'n eu helpu nhw i deimlo'n dda.

Rydych chi’n gallu cael condomau am ddim o'ch clinig **iechyd rhywiol** lleol.

Mae **iechyd rhywiol** yn ymwneud â chadw'n ddiogel ac yn iach cyn ac yn ystod rhyw.

Mae unrhyw un yn gallu cael gonoroea.

Mae llawer o’r bobl sy'n cael gonorea rhwng 15 a 24 oed.

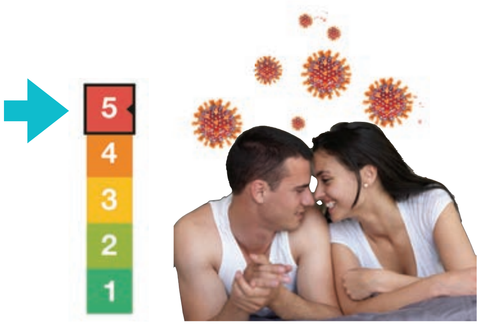
Mae llawer o ddynion sy'n cael rhyw gyda dynion yn dal gonorea.

Beth yw gonoroea

Rydyn ni'n ei ddweud e fel hyn
gon o ri a.

Rydych chi’n gallu cael gonoroea pan rydych chi'n cael cyswllt rhywiol gyda rhywun sydd â gonoroea.

Mae gonoroea yn gallu achosi problemau iechyd difrifol i chi. Pethau fel ceilliau poenus a phroblemau yn ceisio mynd yn feichiog.

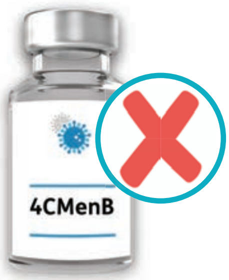


Mae e hefyd yn gallu rhoi mwy o siawns i chi ddal heintiau eraill trwy gyswllt rhywiol.

Beth sydd yn y llyfryn hwn

Tudalen 2 Am gonoroea

Tudalen 8 Y brechlyn 4CMenB a sut i'w gael



Tudalen 12 Pwy na ddylai gael y brechlyn

Tudalen 15 Sgil-effeithiau

Tudalen 17 Rhagor o wybodaeth

Mae Brechu yn achub bywydau
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Brechlyn 4CMenB

Mae'r brechlyn hwn ar gyfer pobl sy'n wynebu mwy o siawns o ddal salwch o'r enw gonoroea