Mae Brechu yn achub bywydau
Vaccination saves lives

HPV vaccination
Protecting against HPV infection to help reduce your risk of cancer

You cannot protect yourself against everything. But you can get yourself vaccinated against the human papillomavirus (HPV), a common virus which can cause many different types of cancer.

The HPV vaccination programme

The HPV vaccine helps protect young people from cancers caused by HPV. More than 280 million doses of the vaccine have been given worldwide, in at least 113 countries.

The HPV vaccine has been offered free in schools to all girls since September 2008 and boys since September 2019, as part of the NHS vaccination programme. This is because the evidence is clear that the HPV vaccine helps protect all genders from certain types of cancer.

The HPV vaccine meets high UK safety standards, and over 10 million doses were given in the UK in the first 10 years of the programme.

To get the HPV vaccine and protect yourself for the future, discuss this with your parent or carer and make sure you fill in and return the consent form as soon as possible.

Three reasons to get your HPV vaccine

#1
It cuts the risk of cervical cancer by 90%, as well as dramatically lowering the rates of other types of cancer.

#2
HPV infects most people in their lifetime, and there are more than 100 different types.

#3
The vaccine is safe, effective and easy to get.

What is HPV and how is it spread?

HPV is a very common virus which usually has no symptoms. Nearly everyone will come into contact with it at some point in their life.

People will probably not know when they are carrying the virus, and **in most people HPV clears up quickly**. But carrying HPV increases the risk of getting certain types of cancer.

If you don't know you have the virus it means **you can pass it on to others.**

More than seven out of 10 people who have not had the HPV vaccination will get infected.

HPV lives on the skin in and around the whole genital area, and is spread by skin-to-skin contact. Getting the vaccine now protects you against future risks.

There may not be immediate symptoms, but HPV **can lead** to cancers such as:
- cervical cancer (in women and people with a cervix);

- some head and neck cancers;
- some cancers of the anus; and
- some cancers of the genital area (for example the penis, vagina and vulva).

Head and neck cancers are most common in males, with around 700 men diagnosed in Wales each year.

Cervical cancer is the most common type of cancer in women and people with a cervix who are under 35 and it can be very serious.

HPV can also cause genital warts, which is one of the most common types of sexually transmitted infection in the UK.

What difference has the HPV vaccine made so far?

- The vaccine is expected to save hundreds of lives every year in the UK. A recent study in England has shown a 90% reduction in cancer-causing HPV in young women in their 20s who were vaccinated aged 12 to 13.

- The HPV vaccine also protects you against over 90% of genital-wart infections.

If the spread of HPV can be reduced even further, everyone's risk of HPV-related cancers in the future will be lower.

Having the HPV vaccine

The vaccine is given in your arm and you normally need one injection to be protected. The injection is usually given at school in year 8. The school nurse or vaccination team will let you know when your injection is due.

To give you the best protection, the vaccine should be given before you become sexually active. Condoms do not provide complete protection against HPV. If you are sexually active you should still have the vaccine.

Getting the vaccine as a young person protects you against future risks.

The HPV vaccine

Gardasil 9 is now the main HPV vaccine given in the NHS vaccination programme in Wales. It protects against nine types of HPV which can cause genital warts and some types of cancer. The HPV vaccine is offered to all young people.

Anyone can catch, carry and pass on HPV. Getting the HPV vaccine when you are offered it makes sure you are protected for your future.

Side effects of the HPV vaccine

Side effects are usually mild. The most common side effects are a headache and a sore, swollen or red arm where you had the injection. These usually wear off within a few days. Less common side effects include nausea, fever and tiredness. Serious side effects are extremely rare.

As with all vaccines, reports of side effects are closely monitored and reviewed.

You, your parent or your carer can report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online at **www.mhra.gov.uk/yellowcard** or by calling the hotline (free) on **0800 731 6789** (Monday to Friday, 9am to 5pm).

Are there any reasons why I should not be vaccinated?

There are very few young people who cannot have their HPV vaccination. You should not have the vaccine if you have had a severe (life-threatening) reaction to any ingredient of the vaccine or to a previous dose. This severe reaction is called an anaphylactic reaction. These reactions are extremely rare but nurses are fully trained to deal with them if they do happen.

If you have had a severe reaction to a vaccine in the past, it's important that you include the details of this on your consent form. It's also important you tell the person giving you the vaccine.

If you have a minor illness without a temperature, such as a cold, you should still have the vaccination.

If you are ill with a high temperature, put the vaccination off until you are better. Also, speak to your doctor or nurse before having the vaccination if you have a bleeding disorder.

What if I have a weakened immune system?

If you have a weakened immune system because of a disease or a treatment you are having, you may need to have three doses of the HPV vaccine.

If you have any questions or concerns, speak to your school nurse, vaccination team or the practice nurse at your GP surgery.

What should I do if I feel unwell after the vaccination?

If you have a temperature and feel unwell after the vaccination, you can take paracetamol to help you feel better. Read the instructions on the packet carefully and take the correct dose for your age. We don't recommend that you take paracetamol before having the vaccine to try to prevent a temperature from developing.

Remember, if you are under 16 you should not take medicine that contains aspirin.

Extra information for girls and people with a cervix

To make sure you have the best possible protection against cervical cancer, you should have the HPV vaccination when you're young and have regular cervical screening from your 25th birthday.

Do I still need to go for cervical screening if I have had the vaccine?

Yes. Anyone aged 25 to 64 who lives in Wales and has a cervix is offered cervical screening (smear tests).

The vaccine will prevent around seven out of 10 cervical cancer cases, but screening can find other high-risk HPV infections not covered by the vaccine. By finding HPV infection or cell changes early, screening can prevent cervical cancer from developing. For more information, visit **phw.nhs.wales/cervical-screening**

What about the other cancers?

There are currently no screening programmes for other HPV-related cancers. If you are worried about any symptoms, speak to your GP surgery.

A little injection? Worth it!

Any questions?

What do I need to do?

If you receive a consent form and information leaflet from school, make sure you and your parent or carer read the information about the vaccination, fill in the consent form and return it as soon as possible. It's best to involve your parent or carer in your decision about having the vaccination, but you may be able to give permission for the vaccination yourself if you fully understand what is being offered.

What if I've lost my consent form?

You can get another one – just speak to your school nurse or immunisation team as soon as possible.

I missed my vaccination. Can I still have it?

Yes. It's important to try to have your HPV vaccination as soon as it is offered in school, but if you miss it you can still have it up until your 25th birthday. You should try to catch up as soon as possible. Contact your school nurse, immunisation team or GP surgery and discuss it with them to see when you can have it.

Does this mean I cannot get cancer?

No. The HPV vaccine protects you against most, but not all, forms of HPV. The vaccine will give you good protection against some strains of HPV that cause a number of cancers. However, the vaccine will not reduce your risk from other cancers not caused by HPV.

Will I be vaccinated against other diseases at school?

Yes, you will be offered other vaccinations before you leave school, such as:

- a booster dose of the Td/IPV vaccine, which helps protect against tetanus, diphtheria and polio;
- the MenACWY vaccine, which helps protect against four strains of meningococcal bacteria that cause meningitis; and
- the MMR vaccine, which protects against measles, mumps and rubella (if you have not yet had the recommended two doses).

In areas where these vaccinations are not available in school you will be able to have them at your GP surgery.

More information is available at **phw.nhs.wales/vaccines/youngpeople**

HPV vaccine to-do list

Talk to your parent or carer about getting the HPV vaccine and let them read the consent form and information leaflet.

If you still have questions, talk to your school nurse or immunisation team – they are there to help.

Return the filled-in consent form and make sure you go to school on the vaccination day. If you miss the vaccination day for whatever reason, you should have more opportunities to have the vaccine.

If you have left school or are not sure if you have missed any vaccinations, speak to your GP surgery.

Where can I get more information?

If you have any questions or want more information, you can visit **111.wales.nhs.uk**, talk to your doctor or nurse or call **NHS 111 Wales**.

You can find out more information on vaccines offered in Wales at: **phw.nhs.wales/vaccines**

Information on cervical cancer is available by visiting the Jo's Cervical Cancer Trust website at **jostrust.org.uk**

Information on cervical screening in Wales is available at **phw.nhs.wales/cervical-screening**

You can find out more about the vaccine, including its contents and possible side effects, at **medicines.org.uk/emc**
You will need to enter the name of the vaccine (Gardasil 9) in the search box. You can also see the patient leaflet online.

You can report suspected side effects online at **www.mhra.gov.uk/yellowcard** or by downloading the Yellow Card app or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

A schedule showing which vaccinations are routinely offered in Wales is available from **phw.nhs.wales/CompleteSchedule**

For vaccine information in accessible formats, visit: **phw.nhs.wales/vaccines/accessible-information**

You can find out how the NHS uses your information at: **111.wales.nhs.uk/AboutUs/Yourinformation**

Crystal Mark 24152
Clarity approved by Plain English Campaign

Revised August 2023
© Public Health Wales NHS Trust
(with acknowledgment to Public Health Scotland and the UK Health Security Agency)
Version 2
ISBN 978-1-83766-233-3

Brechu HPV

Amddiffyn rhag haint HPV er mwyn helpu i leihau eich risg o ganser

Ni allwch amddiffyn eich hun rhag popeth. Ond gallwch gael eich brechu rhag y feirws papiloma dynol (HPV), sef feirws cyffredin sy'n gallu achosi llawer o wahanol fathau o ganser.

Y rhaglen frechu HPV

Mae'r brechlyn HPV yn helpu i amddiffyn pobl ifanc rhag canserau a achosir gan HPV. Mae mwy na 280 miliwn o ddosau o'r brechlyn wedi'u rhoi ledled y byd, mewn o leiaf 113 o wledydd.

Mae'r brechlyn HPV wedi'i gynnig am ddim mewn ysgolion i bob merch ers mis Medi 2008 a bechgyn ers mis Medi 2019, fel rhan o raglen frechu'r GIG. Mae hyn oherwydd bod y dystiolaeth yn glir bod y brechlyn HPV yn helpu i amddiffyn pob rhywedd rhag mathau penodol o ganser.

Mae'r brechlyn HPV yn cyrraedd safonau diogelwch uchel y DU, a rhoddwyd dros 10 miliwn o ddosau yn y DU yn 10 mlynedd gyntaf y rhaglen.

I gael y brechlyn HPV ac amddiffyn eich hun ar gyfer y dyfodol, trafodwch hyn gyda'ch rhiant neu ofalwr a sicrhau eich bod yn llenwi ac yn dychwelyd y ffurflen gydsynio cyn gynted â phosibl.

Tri rheswm dros gael eich brechlyn HPV

#1
Mae'n torri'r risg o ganser ceg y groth 90%, yn ogystal â gostwng cyfraddau mathau eraill o ganser yn sylweddol.

#2
Mae HPV yn heintio'r rhan fwyaf o bobl yn ystod eu hoes, ac mae mwy na 100 o wahanol fathau.

#3
Mae'r brechlyn yn ddiogel, yn effeithiol ac yn hawdd ei gael.

Beth yw HPV a sut y mae'n cael ei ledaenu?

Mae HPV yn feirws cyffredin iawn nad oes ganddo unrhyw symptomau fel arfer. Bydd bron pawb yn dod i gysylltiad ag ef ar ryw adeg yn eu bywyd.

Mae'n debyg na fydd pobl yn gwybod eu bod yn cario'r feirws, ac **yn y rhan fwyaf o bobl mae HPV yn clirio'n gyflym.** Ond mae cario HPV yn cynyddu'r risg o gael mathau penodol o ganser.

Os nad ydych yn gwybod bod y feirws gennych, mae'n golygu **y gallwch ei drosglwyddo i eraill.**

Bydd **mwy na saith o bob 10** o bobl nad ydynt wedi cael y brechiad HPV yn cael eu heintio.

Mae **HPV yn byw ar y croen** yn ardal yr organau cenhedlu ac o'i hamgylch, ac mae fel arfer yn cael ei ledaenu drwy gyswllt croen â chroen.
Mae cael y brechlyn bellach yn eich amddiffyn rhag risgiau yn y dyfodol.

Efallai na fydd symptomau ar unwaith, ond **gall HPV arwain** at ganserau fel:

- canser ceg y groth (mewn menywod a phobl â cheg y groth);
- rhai canserau'r pen a'r gwddf;
- rhai canserau'r anws; a
- rhai canserau yn ardal yr organau cenhedlu (er enghraifft y pidyn, y wain a'r fwlfa).

Mae canserau'r pen a'r gwddf yn fwyaf cyffredin ymhlith dynion, gyda thua 700 o ddynion yn cael diagnosis yng Nghymru bob blwyddyn.

Canser ceg y groth yw'r math mwyaf cyffredin o ganser mewn menywod a phobl â cheg y groth o dan 35 oed a gall fod yn ddifrifol iawn.

Gall HPV hefyd achosi defaid gwenerol, sef un o'r mathau mwyaf cyffredin o haint a drosglwyddir yn rhywiol yn y DU.

Pa wahaniaeth y mae'r brechlyn HPV wedi'i wneud hyd yma?

- Disgwylir i'r brechlyn achub cannoedd o fywydau bob blwyddyn yn y DU. Mae astudiaeth ddiweddar yn Lloegr wedi dangos gostyngiad o 90% mewn HPV sy'n achosi canser mewn menywod ifanc yn eu 20au a gafodd eu brechu pan oeddent yn 12 i 13 oed.

- Mae'r brechlyn HPV hefyd yn eich amddiffyn rhag dros 90% o heintiau defaid gwenerol.

Os gellir lleihau lledaeniad HPV hyd yn oed ymhellach, bydd risg pawb o ganserau sy'n gysylltiedig â HPV yn is yn y dyfodol.

Cael y brechlyn HPV

Rhoddir y brechlyn yn eich braich ac fel arfer mae angen un pigiad arnoch er mwyn cael eich amddiffyn. Fel arfer rhoddir y pigiad ym mlwyddyn 8 yr ysgol. Bydd nyrs yr ysgol neu'r tîm brechu yn rhoi gwybod i chi pan fydd angen i chi gael eich pigiad.

Er mwyn rhoi'r amddiffyniad gorau i chi, dylid rhoi'r brechlyn cyn i chi ddechrau cael rhyw. Nid yw condomau'n darparu amddiffyniad llwyr yn erbyn HPV. Os ydych yn cael rhyw dylech gael y brechlyn o hyd.

Mae cael y brechlyn fel person ifanc yn eich amddiffyn rhag risgiau yn y dyfodol.

Y brechlyn HPV

Erbyn hyn Gardasil 9 yw'r prif frechlyn HPV a roddir yn rhaglen frechu'r GIG yng Nghymru. Mae'n amddiffyn yn erbyn naw math o HPV a all achosi defaid gwenerol a rhai mathau o ganser. Mae'r brechlyn HPV yn cael ei gynnig i bob person ifanc.

Gall unrhyw un ddal, cario a throsglwyddo HPV. Mae cael y brechlyn HPV pan fydd yn cael ei gynnig i chi yn sicrhau eich bod wedi'ch amddiffyn ar gyfer eich dyfodol.

Sgil-effeithiau'r brechlyn HPV

Mae'r sgil-effeithiau fel arfer yn ysgafn. Y sgil-effeithiau mwyaf cyffredin yw pen tost/cur pen a braich ddolurus, chwyddedig neu goch lle cawsoch y pigiad. Mae'r rhain fel arfer yn diflannu o fewn ychydig ddyddiau. Mae'r sgil-effeithiau llai cyffredin yn cynnwys cyfog, twymyn a blinder. Mae sgil-effeithiau difrifol yn brin iawn.

Fel gyda phob brechlyn, mae adroddiadau am sgil-effeithiau yn cael eu monitro'n agos a'u hadolygu.

Gallwch chi, eich rhiant neu eich gofalwr roi gwybod am unrhyw sgil-effeithiau tybiedig brechlynnau a meddyginiaethau drwy’r cynllun Yellow Card. Gallwch wneud hyn ar-lein yn **www.mhra.gov.uk/yellowcard** neu drwy ffonio'r llinell gymorth (am ddim) ar **0800 731 6789** (dydd Llun i ddydd Gwener, 9am i 5pm).

A oes unrhyw resymau pam na ddylwn gael fy mrechu?

Prin iawn yw'r bobl ifanc na allant gael eu brechiad HPV. Ni ddylech gael y brechlyn os ydych wedi cael adwaith difrifol (sy'n peryglu bywyd) i unrhyw gynhwysyn yn y brechlyn neu i ddos blaenorol. Gelwir yr adwaith difrifol hwn yn adwaith anaffylactig. Mae’r adweithiau hyn yn eithriadol o brin ond mae nyrsys wedi’u hyfforddi'n llawn i ddelio â nhw os ydynt yn digwydd.

Os ydych wedi cael adwaith difrifol i frechlyn yn y gorffennol, mae'n bwysig eich bod yn cynnwys y manylion am hyn ar eich ffurflen gydsynio. Mae hefyd yn bwysig eich bod yn dweud wrth y person sy'n rhoi'r brechlyn i chi.

Os oes gennych fân salwch heb dymheredd, fel annwyd, dylech gael y brechiad o hyd.

Os ydych yn sâl gyda thymheredd uchel, gohiriwch y brechiad nes eich bod yn well. Hefyd, siaradwch â'ch meddyg neu nyrs cyn cael y brechiad os oes gennych anhwylder gwaedu.

Beth os oes gennyf system imiwnedd wan?

Os oes gennych system imiwnedd wan oherwydd clefyd neu driniaeth rydych yn eu cael, efallai y bydd angen i chi gael tri dos o'r brechlyn HPV.

Os oes gennych unrhyw gwestiynau neu bryderon, siaradwch â nyrs yr ysgol, y tîm brechu neu'r nyrs practis yn eich meddygfa.

Beth ddylwn ei wneud os byddaf yn teimlo'n sâl ar ôl y brechiad?

Os oes gennych dymheredd ac yn teimlo'n sâl ar ôl y brechiad, gallwch gymryd parasetamol i'ch helpu i deimlo'n well. Darllenwch y cyfarwyddiadau ar y pecyn yn ofalus a chymryd y dos cywir ar gyfer eich oedran. Nid ydym yn argymell eich bod yn cymryd parasetamol cyn cael y brechlyn i geisio atal tymheredd rhag datblygu.

Cofiwch, os ydych o dan 16 oed ni ddylech gymryd meddyginiaeth sy'n cynnwys asbrin.

Gwybodaeth ychwanegol i ferched a phobl â cheg y groth

Er mwyn sicrhau bod gennych yr amddiffyniad gorau posibl yn erbyn canser ceg y groth, dylech gael y brechiad HPV pan fyddwch yn ifanc a chael sgrinio serfigol rheolaidd o'ch pen-blwydd yn 25 oed.

A oes angen i mi fynd i gael sgrinio serfigol os ydw i wedi cael y brechlyn?

Oes. Mae unrhyw un rhwng 25 a 64 oed sy'n byw yng Nghymru ac sydd â cheg y groth yn cael cynnig profion sgrinio serfigol (taeniad).

Bydd y brechlyn yn atal tua saith o bob 10 o achosion o ganser ceg y groth, ond gall sgrinio ddod o hyd i heintiau HPV risg uchel eraill nad ydynt yn cael eu cwmpasu gan y brechlyn. Drwy ddod o hyd i haint HPV neu newidiadau celloedd yn gynnar, gall sgrinio atal canser ceg y groth rhag datblygu. I gael rhagor o wybodaeth, ewch i **icc.gig.cymru/sgrinio-serfigol**

Beth am y canserau eraill?

Ar hyn o bryd, nid oes rhaglenni sgrinio ar gyfer canserau eraill sy'n gysylltiedig â HPV. Os ydych yn pryderu am unrhyw symptomau, siaradwch â'ch meddygfa.

Pigiad bach? Mae'n werth chweil!

Unrhyw gwestiynau?

Beth sydd angen i mi ei wneud?

Os byddwch yn cael ffurflen gydsynio a thaflen wybodaeth gan yr ysgol, sicrhewch eich bod chi a'ch rhiant neu ofalwr yn darllen y wybodaeth am y brechiad, yn llenwi'r ffurflen gydsynio a'i dychwelyd cyn gynted â phosibl. Mae'n well cynnwys eich rhiant neu ofalwr yn eich penderfyniad ynghylch cael y brechiad, ond efallai y gallwch roi caniatâd ar gyfer y brechiad eich hun os ydych yn deall yn llawn beth sy'n cael ei gynnig.

Beth os ydw i wedi colli fy ffurflen gydsynio?

Gallwch gael un arall – siaradwch â nyrs eich ysgol neu'r tîm imiwneiddio cyn gynted â phosibl.

Collais fy mrechiad. A allaf ei gael o hyd?

Gallwch. Mae'n bwysig ceisio cael eich brechiad HPV cyn gynted ag y caiff ei gynnig yn yr ysgol, ond os byddwch yn ei golli gallwch ei gael o hyd tan eich pen-blwydd yn 25 oed. Dylech geisio dal i fyny cyn gynted â phosibl. Cysylltwch â nyrs eich ysgol, y tîm imiwneiddio neu feddygfa a'i drafod gyda nhw i weld pryd y gallwch ei gael.

A yw hyn yn golygu na allaf gael canser?

Nac ydy. Mae'r brechlyn HPV yn eich amddiffyn rhag y rhan fwyaf o fathau o HPV, ond nid pob un ohonynt. Bydd y brechlyn yn rhoi amddiffyniad da i chi yn erbyn rhai mathau o HPV sy'n achosi nifer o ganserau. Fodd bynnag, ni fydd y brechlyn yn lleihau'ch risg o ganserau eraill nad ydynt yn cael eu hachosi gan HPV.

A fyddaf yn cael fy mrechu rhag clefydau eraill yn yr ysgol?

Byddwch, cewch gynnig brechiadau eraill cyn i chi adael yr ysgol fel:

- dos atgyfnerthu o'r brechlyn Td/IPV, sy'n helpu i amddiffyn yn erbyn tetanws, difftheria a pholio;
- y brechlyn MenACWY, sy'n helpu i amddiffyn yn erbyn pedwar math o facteria meningococol sy'n achosi llid yr ymennydd; a’r
- brechlyn MMR sy'n amddiffyn rhag y frech goch, clwy'r pennau a rwbela (os nad ydych wedi cael y ddau ddos a argymhellir eto).

Mewn ardaloedd lle nad yw'r brechiadau hyn ar gael yn yr ysgol byddwch yn gallu eu cael yn eich meddygfa.

Ceir rhagor o wybodaeth yn **icc.gig.cymru/brechlynnau/poblifanc**

Rhestr wirio brechlyn HPV

Siaradwch â'ch rhiant neu ofalwr am gael y brechlyn HPV a gadewch iddynt ddarllen y ffurflen gydsynio a'r daflen wybodaeth.

Os oes gennych gwestiynau o hyd, siaradwch â nyrs eich ysgol neu'r tîm imiwneiddio – maent yno i helpu.

Dychwelwch y ffurflen gydsynio wedi'i llenwi a sicrhewch eich bod yn mynd i'r ysgol ar y diwrnod brechu. Os byddwch yn colli'r diwrnod brechu am ba bynnag reswm, dylech gael mwy o gyfleoedd i gael y brechlyn.

Os ydych wedi gadael yr ysgol neu os nad ydych yn siŵr a ydych wedi colli unrhyw frechiadau, siaradwch â'ch meddygfa.

Ble gallaf gael rhagor o wybodaeth?

Os oes gennych unrhyw gwestiynau neu os ydych am gael rhagor o wybodaeth, ewch i **111.wales.nhs.uk**, siaradwch â'ch meddyg neu nyrs neu ffoniwch **GIG 111 Cymru**.

Gallwch gael rhagor o wybodaeth am frechlynnau a gynigir yng Nghymru yn: **icc.gig.cymru/brechlynnau**

Mae gwybodaeth am ganser ceg y groth ar gael drwy fynd i wefan Ymddiriedolaeth Canser Ceg y Groth Jo yn **jostrust.org.uk**

Mae gwybodaeth am sgrinio serfigol yng Nghymru ar gael yn **icc.gig.cymru/sgrinio-serfigol**

Gallwch gael rhagor o wybodaeth am y brechlyn, ei gynhwysion a sgil-effeithiau posibl, yn **medicines.org.uk/emc**
Bydd angen i chi roi enw'r brechlyn (Gardasil 9) yn y blwch chwilio. Gallwch hefyd weld y daflen cleifion ar-lein.

Gallwch roi gwybod am sgil-effeithiau a amheuir yn **www.mhra.gov.uk/yellowcard** neu drwy lawrlwytho'r ap Yellow Card, neu drwy ffonio **0800 731 6789** (dydd Llun i ddydd Gwener, 9am i 5pm).

Mae amserlen sy'n dangos pa frechiadau a gynigir fel mater o drefn yng Nghymru ar gael o **icc.gig.cymru/AmserlenGyflawn**

I gael gwybodaeth am frechlynnau mewn fformatau hygyrch, ewch i **icc.gig.cymru/brechlynnau/adnoddau-hygyrch**

Gallwch gael gwybod sut y mae'r GIG yn defnyddio eich gwybodaeth yn: **111.wales.nhs.uk/amdanomni/eichgwybodaeth**

Diwygiwyd Awst 2023
© Ymddiriedolaeth GIG Iechyd Cyhoeddus Cymru
(gyda chydnabyddiaeth i Iechyd Cyhoeddus yr Alban ac Asiantaeth Diogelwch Iechyd y DU)
Fersiwn 2
ISBN 978-1-83766-233-3