



Human papillomavirus (HPV) vaccination: Factsheet for adults under 25 who have previously given consent for two doses

Changes to HPV vaccination in Wales

From 1 September 2023, the routine HPV vaccination programme in Wales will change, and young people and adults under the age of 25 who are eligible will be offered one dose of the HPV vaccine instead of two.

The change to one dose is recommended by the Joint Committee of Vaccination and Immunisation (JCVI) and NHS Wales. It means that young people and adults under the age of 25 who are eligible for the HPV vaccine now no longer need a second dose, even if they have already given consent for two doses.

This factsheet provides some answers to questions you may have.

Why is the HPV vaccine being reduced from two doses to one and what is the evidence to support this decision?

Evidence from a number of long-term international studies carried out over 10 years shows that one dose of the HPV vaccine creates antibodies that give lasting protection before people become sexually active. One dose of the HPV vaccine is more than 97% effective at protecting against the two strains of HPV that cause the most HPV-related cancers.

JCVI (an expert scientific advisory committee) monitors vaccination information and any new evidence from research into vaccinations. Based on the evidence, JCVI has advised that one dose provides excellent protection in young people and adults aged up to 25. This is supported by the World Health Organization's (WHO) Strategic Advisory Group of Experts on Immunization (SAGE).

What does this change mean for adults who have given consent for a second dose and have already had their first?

From 1 September 2023, those who are eligible and aged under 25 and who have already had one dose of the HPV vaccine no longer need a second dose. They are now fully vaccinated and do not need any further doses.

People under 25 who were eligible for two doses of HPV vaccine before the change on 1 September 2023 who have not yet had any doses now only need to have one dose.

What does this change mean for gay, bisexual and other men who have sex with men (GBMSM) if they have given consent for a second dose of HPV vaccine?

GBMSM aged under 25 who have already received one dose of the HPV vaccine no longer need a second dose. They are now fully vaccinated against HPV and do not need any further doses.

GBMSM aged 25 to 45 will need a second dose of HPV vaccine. This is because there currently is not enough evidence that GBMSM who receive their first dose of HPV vaccine between the ages of 25 and 45 will get enough protection from one dose of the vaccine, so this group should still have two doses.

Will anyone need more doses of HPV vaccine?

People with a weakened immune system or HIV do not respond to vaccination in the same way. There isn't currently enough evidence to support one dose in these groups. Therefore, those eligible for HPV vaccination who have a weakened immune system or who have HIV will need to have three doses of HPV vaccine to be protected.

Where can I find more information?

More information about the HPV vaccine and the diseases it protects against is available on our website:

phw.nhs.wales/HPVvaccine

Young people who have left secondary school, are aged between 16 and 25 and have not had any HPV vaccines yet can ask their GP practice nurse if they have any questions. Men who are gay, bisexual or who have sex with men and are aged under 45 can ask their doctor or nurse at the sexual-health clinic if they have any questions.



Brechu feirws papiloma dynol (HPV): Taflen ffeithiau i oedolion o dan 25 oed sydd wedi rhoi cydsyniad ar gyfer dau ddos yn flaenorol

Newidiadau i Frechu HPV yng Nghymru

O 1 Medi 2023, bydd rhaglen frechu arferol HPV yng Nghymru yn newid, a bydd pobl ifanc gymwys ac oedolion o dan 25 oed sy'n gymwys yn cael cynnig un dos o'r brechlyn HPV yn lle dau.

Mae'r newid i un dos yn cael ei argymhell gan y Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI) a GIG Cymru. Mae'n golygu nad oes angen i bobl ifanc ac oedolion o dan 25 oed sy'n gymwys i gael y brechlyn HPV bellach gael ail ddos, hyd yn oed os ydynt eisoes wedi rhoi cydsyniad ar gyfer dau ddos.

Mae'r daflen ffeithiau hon yn rhoi rhai atebion i gwestiynau a allai fod gennych.

Pam mae'r brechlyn HPV yn cael ei leihau o ddau ddos i un a beth yw'r dystiolaeth i ategu'r penderfyniad hwn?

Mae tystiolaeth o nifer o astudiaethau rhyngwladol hirdymor a gynhaliwyd dros 10 mlynedd yn dangos bod un dos o'r brechlyn HPV yn creu gwrthgyrff sy'n rhoi amddiffyniad parhaus cyn i bobl ddechrau cael rhyw. Mae un dos o'r brechlyn HPV fwy na 97% yn effeithiol o ran amddiffyn yn erbyn y ddau fath o HPV sy'n achosi'r rhan fwyaf o ganserau sy'n gysylltiedig â HPV.

Mae'r JCVI (pwyllgor cynghori gwyddonol arbenigol) yn monitro gwybodaeth frechu ac unrhyw dystiolaeth newydd o ymchwil i frechiadau. Yn seiliedig ar y dystiolaeth, mae'r JCVI wedi cynghori bod un dos yn rhoi amddiffyniad gwych ymhlith pobl ifanc ac oedolion hyd at 25 oed. Mae hyn yn cael ei gefnogi gan Grŵp Cynghori Strategol o Arbenigwyr Imiwneiddio (SAGE) Sefydliad Iechyd y Byd.

Beth mae'r newid hwn yn ei olygu i oedolion sydd wedi rhoi cydsyniad ar gyfer ail ddos ac sydd eisoes wedi cael eu dos cyntaf?

O 1 Medi 2023, nid oes angen i'r rhai sy'n gymwys ac o dan 25 oed ac sydd eisoes wedi cael un dos o'r brechlyn HPV gael ail ddos. Maent bellach wedi'u brechu'n llawn ac nid oes angen unrhyw ddosau pellach arnynt.

Erbyn hyn, mae angen i bobl o dan 25 oed a oedd yn gymwys i gael dau ddos o'r brechlyn HPV cyn y newid ar 1 Medi 2023 nad ydynt wedi cael unrhyw ddosau gael un dos.

Beth mae'r newid hwn yn ei olygu i ddynion hoyw, deurywiol a dynion eraill sy'n cael rhyw gyda dynion (GBMSM) os ydynt wedi rhoi cydsyniad ar gyfer ail ddos o'r brechlyn HPV?

Nid oes angen ail ddos bellach ar **GBMSM o dan 25 oed** sydd eisoes wedi cael un dos o'r brechlyn HPV. Maent bellach wedi'u brechu'n llawn yn erbyn HPV ac nid oes angen unrhyw ddosau pellach arnynt.

Bydd angen i **GBMSM rhwng 25 a 45 oed** gael ail ddos o'r brechlyn HPV. Mae hyn oherwydd ar hyn o bryd nid oes digon o dystiolaeth y bydd GBMSM sy'n cael eu dos cyntaf o frechlyn HPV rhwng 25 a 45 oed yn cael digon o amddiffyniad o un dos o'r brechlyn, felly dylai'r grŵp hwn gael dau ddos o hyd.

A fydd angen i unrhyw un gael rhagor o ddosau o'r brechlyn HPV?

Nid yw pobl â system imiwnedd wannach neu HIV yn ymateb i frechu yn yr un ffordd. Ar hyn o bryd, nid oes digon o dystiolaeth i gefnogi un dos yn y grwpiau hyn. Felly, bydd angen i'r rhai sy'n gymwys ar gyfer brechiad HPV sydd â system imiwnedd wannach neu sydd â HIV gael tri dos o'r brechlyn HPV er mwyn cael eu hamddiffyn.

Ble gallaf ddod o hyd i ragor o wybodaeth?

Mae rhagor o wybodaeth am y brechlyn HPV a'r clefydau y mae'n amddiffyn yn eu herbyn ar gael ar ein gwefan: icc.gig.cymru/brechlynHPV

Gall pobl ifanc sydd wedi gadael yr ysgol uwchradd, sydd rhwng 16 a 25 oed ac nad ydynt wedi cael unrhyw frechlynnau HPV eto ofyn i'w nyrs practis meddyg teulu os oes ganddynt unrhyw gwestiynau. Gall dynion sy'n hoyw, yn ddeurywiol neu sy'n cael rhyw gyda dynion ac sydd o dan 45 oed ofyn i'w meddyg neu nyrs yn y clinig iechyd rhywiol os oes ganddynt unrhyw gwestiynau.