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Mae Brechu yn achub bywydau
Vaccination saves lives

Vaccines and porcine gelatine

This leaflet describes how and why porcine gelatine is used in vaccines

The issue of using porcine (pork) gelatine in some vaccines has raised concerns among some groups.

This leaflet provides information about vaccines that contain this product and the alternatives that may be available.

What is gelatine?

Gelatine is a substance found in animal collagen. Collagen is a protein that helps build tendons, ligaments, bones and cartilage. Porcine gelatine comes from collagen in pigs. Strict hygiene and safety laws must be met when producing gelatine that is used in medicines.

Why is porcine gelatine used in vaccines?

Gelatine is a stabiliser used in certain forms of medicine, such as capsules and vaccines. Stabilisers make sure vaccines are safe and effective while they are being stored. Porcine gelatine is different to that used in foods, as it has been made pure and turned into tiny particles.

Why can't vaccines be made with other stabilisers or other types of gelatine?

When making a new vaccine, strict testing is carried out to make sure the vaccine is safe and effective. Vaccine manufacturers test a wide range of stabilisers so they can choose the best one. This can often take many years of experiments and clinical studies. Once a stabiliser is chosen, it is often not changed as the testing process would have to be repeated.

This means that it is unlikely for gelatine to be removed from current vaccines, as it is a key ingredient.

Which vaccines contain porcine gelatine?

In the UK routine immunisation programme, the following vaccines contain porcine gelatine.

- Fluenz, a nasal spray vaccine that protects children against flu.
- MMR VaxPro, a vaccine that protects against measles, mumps and rubella.

What is the view of the faith communities?

The UK Health Security Agency (UKHSA) have consulted the Kashrus and Medicines Information Service, who said: 'It should be noted that according to Jewish laws, there is no problem with porcine or other animal derived ingredients in non-oral products. This includes vaccines, including those administered via the nose, injections, suppositories, creams and ointments.'

The British Fatwa Council have looked at the evidence surrounding porcine gelatine. They have allowed it for use, as the gelatine used in vaccines is a pure product. This means that it is no different to gelatine from any other animal.

The UKHSA accept that there is diversity within British Muslim and Jewish communities. Some groups may consider medicines containing porcine gelatine to be forbidden. These medicines may be taken when there are no other options. They can also be taken when the medicine is life-saving.

Are there any suitable alternatives to these vaccines?

MMR

In the UK we have two types of MMR vaccine – MMR VaxPro and Priorix. Priorix does not contain gelatine and is as safe and effective as MMR VaxPro.

Fluenz

The Fluenz nasal spray vaccine is the best flu vaccine for children and young people. But flu injections do not contain gelatine, so if you would prefer your child to have the injection instead, contact their GP surgery so they don't miss out.

What if I don't want myself or my children to have vaccines containing porcine gelatine?

The final decision about whether you or your child should be vaccinated is yours. When making a decision, consider the evidence about the advantages and disadvantages.

If you do not want to have the MMR vaccine containing porcine gelatine, ask your GP practice nurse for the Priorix vaccine. A full course of two doses will protect against measles, mumps and

rubella. Priorix may need to be ordered, so check with your GP surgery before your appointment.

The nasal spray vaccine is considered the most effective flu vaccination for children. However, it contains porcine gelatine. If you decide you do not want your child to have it, they can have the flu vaccine by injection instead. This does not contain porcine gelatine. You would need to contact your GP surgery to make an appointment for this.

The information in this leaflet is correct at the time of publication. For the most up-to-date information, please visit phw.nhs.wales/vaccines

Further information

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

To see the routine immunisation schedules for Wales, visit:

phw.nhs.wales/CompleteSchedule

To find out more about any of the vaccines mentioned in this leaflet, including their contents and possible side effects, go to medicines.org.uk/emc (external site). Enter the name of the vaccine in the search box. You can also see the patient leaflet online.



Mae Cyngor Fatwa Prydain wedi edrych ar y dystiolaeth ynghylch gelatin moch. Mae'r cynngor wedi caniatâu iddo gael ei ddefnyddio, gan fod y gelatin a ddefnyddir mewn brechlynnau yn gynnyrch pur. Golysga hyn nad yw'n wahanol i gelatin sy'n dod o anifeiliaid eraill.

A oes dewisiadau amgen oddas i'r brechlynnau hyn?

MMR
Yn y DU mae gennyddau fath o frechlyn MMR set MMR VaxPro a Piorix. Nid yw Piorix yn cynnwys gelatin ac mae mor ddiogel ac effeithiol â MMR VaxPro.

Fluenz
Y brechlyn chwistrell trwyn Fluenz yw'r brechlyn ffliw gorau i blant a phobl ifanc. Ond nid yw pigladau ffliw yn cynnwys gelatin, felly os byddai'n well gennyf i'ch plentyn gael y pigiad yn lle'r chwistrell trwyn, cysylltwch â'i practis meddyg teulu fel nad yw'n colli allan.

Beth os nad ydwi i' eisïau i mi fy hun na fy mhiant gael brechlynnau sy'n cynnwys gelatin moch?

Chi sy'n penderfynu'n derfynol a ddylech chi neu'ch plant gael brechlynnau. Wrth wneud y penderfyniad, ystyriwch y dystiolaeth am y manteision a'r anafteision.

Os nad ydych am gael y brechlyn MMR sy'n cynnwys gelatin moch, gofynnwch i'ch nyrs practis meddyg teulu am y brechlyn Piorix. Bydd cwrs llawn o ddau ddos yn amddiffyn rhag y frech goch, clyw'r pennau a rwbela. Efallai y bydd angen archebu Piorix, felly holiwch eich practis meddyg teulu cyn eich apwyntiad.

Ystyriwch mair brechlyn chwistrell trwyn yw'r brechiad ffliw mwyaf effeithiol i blant. Fodd bynnag, mae'n cynnwys gelatin moch. Os byddwch yn penderfynu nad ydych am i'ch plant gael y chwistrell trwyn, gallant gael y brechlyn ffliw trwy bigiad yn lle hynny. Nid yw hwn yn cynnwys gelatin moch. Byddai angen i chi gysylltu â'ch practis meddyg teulu i drefnu apwyntiad i gael y brechlyn.

Mae'r wybodaeth yn y datfen hon yn gywir ar adeg ei chyhoeddi. I gael yr wybodaeth ddiweddaraf, ewch i icc.gig.cymru/brechlynnau

Rhagor o wybodaeth

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

I weld yr amserleni imiwneiddio arferol ar gyfer Cymru, ewch i: icc.gig.cymru/AmserlenGyflawn

I gael rhagor o wybodaeth am y brechlynnau y cyfeirir ydych chi yn y datfen hon, yn cynnwys eu cynhwysion a'u sgil-ffeithiau posibl, ewch i medicines.org.uk/emc (satle allanol - Saesneg yn unig). Rhowch enw'r brechlyn yn y blwch chwilio. Gallwch hefyd weld y datfen i gleffion ar-lein.



Brechlynnau a gelatin moch

Mae'r datlen hon yn disgrifio sut a pham y defnyddir gelatin moch mewn brechlynnau

Mae defnyddio gelatin moch (porc) mewn rhai brechlynnau wedi codi pryderon ymhlith rhai grwpiau.

Mae'r datlen hon yn rhoi gwybodaeth am frechlynnau sy'n cynnwys y cynnyrch hwn a'r dewisiadau eraill a allai fod ar gael.

Beth yw gelatin?

Mae gelatin yn sylwedd a geir mewn colagen anifeiliaid. Proteïn yw colagen sy'n helpu i adeiladu tendonau, ligamenta, esgyrn a chartilagau. Daw gelatin moch o golagen mewn moch. Rhaid cydymffurfio â chyfrëithiau hylendid a diogelwch llym wrth gynhyrchu gelatin sy'n cael ei ddefnyddio mewn meddyginiathau.

Pam mae gelatin moch yn cael ei ddefnyddio mewn brechlynnau?

Mae gelatin yn sefydlu a ddefnyddir mewn rhai mathau o feddyginiath, fel capsiliau a brechlynnau. Mae sefydlu wrth yn sicrhau bod brechlynnau'n ddiogel ac yn effeithiol tra'u bod yn cael eu storio. Mae gelatin moch yn wahanol i'r gelatin a ddefnyddir mewn bwydydd, gan ei fod wedi'i wneud yn bur a'i droi'n ronynnau bach.

Pam na ellir gwneud brechlynnau gyda sefydluwr eraill neu fathau eraill o gelatin?

Wrth greu brechlynnau newydd, cynhellir profion llym i sicrhau bod y brechlynnau yn ddiogel ac yn effeithiol. Mae gweithgynhyrchwyr brechlynnau yn profi ystod eang o sefydluwr er mwyn dewis yr un gorau. Gall hyn yn aml gymryd blynyddoedd lawer o arbrofion ac astudiaethau clinigol. Unwaith y dewisir sefydluwr, ni chaff ei newid yn aml gan y byddai'n rhaid ailadrodd

Beth yw barn cymunedau ffrwydd?

Mae Asiantaeth Diogelwch Iechyd y DU (UKHSA) wedi ymgynghori â'r Gwasanaeth Gywboddaeth Kashrus a Meddyginiathau, a ddywedodd: 'Dylid nodi, yn ôl deddfau lddewig, nad oes problemau gyda defnyddio cynhywsion sy'n deillio o foch neu anifeiliaid eraill mewn cynhyrchion nad ydynt yn cael eu gymryd trwy'r geg. Mae hyn yn cynnwys brechlynnau, yn cynnwys y rhai sy'n cael eu rhoi drwy'r trwyn, pigladau, tawddgyffuriau, hufenau ac eiliau;

Pa frechlynnau sy'n cynnwys gelatin moch?

Mae'r brechlynnau canlynol sy'n rhan o raglen imiwneiddio arterol y DU, yn cynnwys gelatin moch:

- Fluenz, brechlyn chwistrell trwyn sy'n amddiffyn plant rhag y ffliw.
- MMR VaxPro, brechlyn sy'n amddiffyn rhag y frech goch, clwy'r pennau a rwbela.

