



**Mae Brechu yn achub bywydau**  
**Vaccination saves lives**



## **Brechlyn difftheria, tetanws, pertwsis a pholio**

**I blant cyn iddynt  
ddechrau yn yr ysgol**



**GIG**  
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**Mae'r daflen hon yn dweud wrthych am y brechlynnau DTaP/IPV neu dTaP/IPV, a elwir hefyd yn bigiad atgyfnerthu cyn ysgol neu'r '4 mewn 1' gan eu bod yn amddiffyn rhag pedwar clefyd – difftheria, tetanws, pertwsis (y pas) a pholio.**



# Beth mae'r brechlyn yn amddiffyn yn ei erbyn?

## Difftheria

Mae difftheria yn glefyd difrifol sy'n dechrau fel arfer gyda dolur gwddf a gall achosi problemau anadlu yn gyflym. Gall niweidio eich calon a'ch system nerfol ac, mewn achosion difrifol, gall ladd. Cyn cyflwyno'r brechlyn difftheria yn y DU, cafwyd hyd at 70,000 o achosion o ddifftheria a hyd at 5,000 o farwolaethau'r flwyddyn. Gellir lledaenu difftheria o berson i berson drwy gyswllt agos.

## Tetanws

Mae tetanws yn afiechyd sy'n effeithio ar y system nerfol, a all achosi gwingo yn y cyhyrau a phroblemau anadlu a gall ladd. Caiff ei achosi pan fydd germau mewn pridd a baw anifeiliaid yn cyrraedd y corff drwy doriadau agored neu losgiadau. Ni ellir trosglwyddo tetanws o un person i un arall.

## Pertwsis (y pas)

Mae'r pas yn afiechyd a all achosi cyfnodau hir o besychu a thagu, gan ei gwneud yn anodd anadlu. Gall y pas bara am hyd at 10 wythnos. Babanod o dan flwydd oed sy'n wynebu'r risg fwyaf. Mae'r clefyd yn ddifrifol iawn a gall ladd. Cyn cyflwyno brechlyn y pas, roedd nifer yr achosion a gofnodwyd bob blwyddyn yn y DU yn 120,000 ar gyfartaledd a bu farw 92 o blant yn y flwyddyn cyn cyflwyno'r brechlyn. Mae plant fel arfer yn dal y pas drwy anadlu defnynnau bach iawn a ryddheir i'r aer gan besychu a thisian pobl eraill.

## Polio

Mae polio yn feirws sy'n gallu ymosod ar y system nerfol ac achosi parlys parhaol yn y cyhyrau. Os bydd yn effeithio ar gyhyrau'r frest neu'r ymennydd, gall polio ladd. Cyn cyflwyno brechlyn polio, roedd cymaint ag 8,000 o achosion o bolio yn y DU yn ystod blynyddoedd o epidemig. Gallwch gael eich heintio â'r feirws polio os byddwch yn dod i gysylltiad ag ysgarthion rhywun sydd â'r haint, neu â'r defnynnau a ryddheir i'r aer pan fyddant yn pesychu neu'n tisian.



## Pam mae angen brechu fy mhlentyn ar yr oedran hwn?

Mae'r brechlyn cyn ysgol neu'r '4 mewn 1' yn cael ei roi i blant cyn oed ysgol ar yr un pryd â'u hail frechiad MMR, pan fyddant yn dair a phedwar mis oed. Bydd yn ychwanegu at lefel gwrthgyrff (y mae'r corff yn eu cynhyrchu i ymladd clefyd a haint) eich plentyn a helpu i'w ddiogelu. Mae amddiffyniad (imiwnedd) yn erbyn difftheria, tetanws, y pas a pholio o'r brechiadau a roddir i fabanod yn gallu pylu dros amser.

Weithiau, nid yw imiwnedd cyflawn i'r frech goch, clwy'r pennau neu rwbela yn datblygu ar ôl un dos o'r brechlyn MMR – felly mae'r pigiad atgyfnerthu hwn yn rhoi ail gyfle iddynt. Pan fyddwch yn mynd â'ch plentyn i gael ei frechiadau cyn ysgol, mae'n bwysig sicrhau bod ei holl frechiadau eraill yn gyfredol.

Yn ogystal â'r brechiadau hyn, bydd y brechlyn ffliw yn helpu i amddiffyn eich plentyn rhag ffliw yn ystod y gaeaf ond bydd angen ei roi bob blwyddyn oherwydd mae'r feirysau sy'n achosi ffliw yn newid yn aml iawn.

## Sut y byddaf yn gwybod pan fydd angen i'm plentyn gael y brechiadau?

Anfonir apwyntiad at y plant ar gyfer eu brechiad cyn ysgol rheolaidd pan fyddant yn dair a phedwar mis oed. Mae'r rhan fwyaf o feddygfeydd a chanolfannau iechyd yn cynnal clinigau brechu arbennig i blant. Os byddwch yn newid eich cyfeiriad, rhowch wybod i'ch meddygfa.

## Beth fydd yn digwydd yn yr apwyntiad?

Bydd nyrs y practis neu'r meddyg teulu yn esbonio'r brechiadau ac yn ateb eich cwestiynau. Mewn plant dros 12 mis oed, rhoddir pigiadau yn rhan uchaf y fraich fel arfer.

# A ellir rhoi'r brechlyn os bydd fy mhlentyn yn sâl ar ddiwrnod yr apwyntiad?

Os oes gan eich plentyn fân salwch heb dymheredd uwch (twymyn), fel annwyd, dylai gael ei frechiadau fel arfer. Os yw eich plentyn yn sâl gyda thymheredd uwch ar ddiwrnod y brechiad, gohiriwch y brechiad nes ei fod wedi gwella.

## A oes unrhyw resymau eraill pam na ddylid rhoi'r brechlyn?

Prin iawn yw'r rhesymau pam na ellir brechu plant. Ni ddylid rhoi'r brechlyn i blant sydd wedi cael adwaith difrifol (sy'n bygwth bywyd) i ddos blaenorol o'r brechlyn neu unrhyw gynhwysyn yn y brechlyn.

Os oes gan eich plentyn:

- anhwylder gwaedu (er enghraifft hemoffilia, lle nad yw ei waed yn clotio'n iawn); neu
- os yw wedi cael ffit nad yw wedi'i hachosi gan dymheredd uwch;

siaradwch â'ch meddyg teulu, nyrs practis neu ymwelydd iechyd cyn i'ch plentyn gael unrhyw frechiad.

## Beth os byddaf yn colli'r apwyntiad?

Dylech ganslo apwyntiad ymlaen llaw os na allwch fod yn bresennol. Os byddwch yn colli'r apwyntiad neu'n gorfod gohio'r brechiad, trefnwch apwyntiad newydd cyn gynted â phosibl. Gellir rhoi brechiadau o hyd, ond bydd eich plentyn heb amddiffyniad am gyfnod hwy.



**Cofiwch, mae'n bwysig dal i fyny ar y rhan fwyaf o frechiadau a gollwyd. Os yw eich plentyn wedi colli brechiad ac yn hŷn na'r oedran a argymhellir ar gyfer cael y brechlyn, siaradwch â'ch meddyg teulu, nyrs practis neu ymwelydd iechyd.**



## A oes gan y brechlyn unrhyw sgil-effeithiau?

Mae miliynau o ddosau o'r brechlyn wedi'u defnyddio ac mae ganddo record ddiogelwch dda iawn. Weithiau gall plant deimlo dolur yn rhan uchaf y fraich lle rhoddwyd y pigiad. Gall rhai ddatblygu lwmp bach lle rhoddwyd y nodwydd i mewn – mae hyn yn arferol a gall bara rhai wythnosau. Nid oes angen unrhyw driniaeth arno. Gallant hefyd gael tymheredd uwch, ymddangos yn ansefydlog ac efallai na fyddant am fwyta llawer. Os oes gan eich plentyn dymheredd uwch ac yn ymddangos yn sâl gallwch roi hylif parasetamol iddo. Darllenwch y cyfarwyddiadau ar y botel yn ofalus a rhoi'r cryfder a'r dos cywir iddynt ar gyfer eu hoedran.



**Os ydych yn poeni am eich plentyn ar ôl y brechiad, dylech siarad â'ch ymwelydd iechyd, meddyg teulu neu nyrs practis.**

Gallwch roi gwybod am unrhyw sgil-effeithiau tybiedig brechlynnau a meddyginiaethau drwy'r cynllun Cerdyn Melyn. Gallwch wneud hyn ar-lein yn: **[yellowcard.mhra.gov.uk](https://www.yellowcard.mhra.gov.uk)** neu drwy ffonio llinell gymorth y Cerdyn Melyn ar **0800 731 6789**. (Rhif Rhadffon yw hwn ac mae ar agor o ddydd Llun i ddydd Gwener, 9am i 5pm.)

# 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 y brechlyn, ei gynhwysion a sgil-effeithiau posibl yn **www.medicines.org.uk/emc**. Bydd angen i chi roi enw'r brechlyn (Boostrix-IPV) yn y blwch chwilio. Gallwch hefyd weld y daflen cleifion ar-lein.

Mae'r amserlen ar gyfer brechu rheolaidd sy'n dangos i chi pa frechiadau a gynigir yng Nghymru ar gael yn: **111.wales.nhs.uk/livewell/vaccinations/Tafenni**

I archebu rhagor o gopiâu o'r daflen hon, ewch i: **icc.gig.cymru/gwasanaethau-a-thimau/adnoddau-gwybodaeth-iechyd**

I gael gwybod sut y mae'r GIG yn defnyddio eich gwybodaeth, ewch i: **111.wales.nhs.uk/AboutUs/Yourinformation/?locale=cy**

# Where can I get more information?

If you have any questions or want more information, you can visit [111.wales.nhs.uk](http://111.wales.nhs.uk), talk to your doctor or nurse or call NHS 111 Wales.

You can find out more about the vaccine, including its contents and possible side effects, at [www.medicines.org.uk/emc](http://www.medicines.org.uk/emc). You will need to enter the name of the vaccine (Boostrix-IPV) in the search box. You can also see the patient leaflet online. The routine vaccination schedule that shows you which vaccinations are offered in Wales is available from: [111.wales.nhs.uk/livewell/vaccinations/](http://111.wales.nhs.uk/livewell/vaccinations/)

## Leaflets

To order more copies of this leaflet, visit: [ph.wales.nhs.uk/services-and-teams/health-information-resources](http://ph.wales.nhs.uk/services-and-teams/health-information-resources)

To find out how the NHS uses your information, visit: [111.wales.nhs.uk/lifestyle/wellbeing/yourinfoyourrights](http://111.wales.nhs.uk/lifestyle/wellbeing/yourinfoyourrights)



You can report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online at: [yellowcard.mhra.gov.uk](http://yellowcard.mhra.gov.uk) or by calling the Yellow Card scheme hotline on **0800 731 6789**. (This is a Freephone number and is open Monday to Friday, 9am to 5pm.)

**If you are worried about your child after the vaccination you should speak to your health visitor, GP or practice nurse.**



Millions of doses of the vaccine have been used and it has a very good safety record. Children can sometimes get a sore upper arm where the injection was given. Some may develop a small lump where the needle was put in – this is normal and may last some weeks. It does not need any treatment. They may also get a raised temperature, seem unsettled and may not want to eat much. If your child has a raised temperature and seems unwell you can give them paracetamol liquid. Read the instructions on the bottle carefully and give them the correct strength and dose for their age.

## Does the vaccine have any side effects?



**Remember, it's important to catch up on most missed vaccinations. If your child has missed a vaccination and is older than the age recommended for having the vaccine, talk to your GP, practice nurse or health visitor.**



You should cancel an appointment in advance if you can't make it. If you do miss the appointment or have to delay the vaccination, make a new appointment as soon as possible. Vaccinations can still be given, but your child will be without protection for longer.

## What if I miss the appointment?

- before your child has any vaccination.
- has had a fit not caused by a raised temperature;
- has a bleeding disorder (for example haemophilia, where their blood does not clot properly); or

If your child:

There are very few reasons why children cannot be vaccinated. This vaccine should not be given to children who have had a severe (life-threatening) reaction to a previous dose of the vaccine or any ingredient in the vaccine.

## Are there any other reasons why the vaccine should not be given?

If your child has a minor illness without a raised temperature (fever), such as a cold, they should have their vaccinations as normal. If your child is ill with a raised temperature on the day the vaccination is due, delay the vaccination until they have recovered.

## Can the vaccine be given if my child is unwell on the day of the appointment?

## Why does my child need to be vaccinated at this age?

The preschool vaccine or '4 in 1' is given to preschool children at the same time as their second MMR vaccination, when they are three years and four months old. It will top up your child's level of antibodies (which the body produces to fight off disease and infection) and help to keep them protected. Protection (immunity) against diphtheria, tetanus, whooping cough and polio from the vaccinations given to babies can fade over time. Sometimes, complete immunity to measles, mumps or rubella does not develop after a single dose of the MMR vaccine – so this booster gives them a second chance.

When you take your child for their pre-school vaccinations, it is important to make sure all their other vaccinations are up to date.

As well as these vaccinations, the flu vaccine will help protect your child against flu during the winter but will need to be given every year because the viruses that cause flu change very frequently.

## How will I know when my child's vaccinations are due?

Children are sent an appointment for their routine preschool vaccination at three years and four months old. Most GP surgeries and health centres run special vaccination clinics for children. If you change your address, please let your GP surgery know.

## What happens at the appointment?

The practice nurse or GP will explain about the vaccinations and answer your questions. In children over the age of 12 months, injections are usually given in the upper arm.



# What does the vaccine protect against?

## Diphtheria

Diphtheria is a serious disease that usually begins with a sore throat and can quickly cause breathing problems. It can damage the heart and nervous system and, in severe cases, can kill. Before diphtheria vaccine was introduced in the UK, there were up to 70,000 cases of diphtheria and up to 5,000 deaths a year. Diphtheria can be spread from person to person through close contact.

## Tetanus

Tetanus is a disease affecting the nervous system, which can cause muscle spasms and breathing problems and can kill. It is caused when germs found in soil and manure get into the body through open cuts or burns. Tetanus cannot be passed from person to person.

## Pertussis (whooping cough)

Whooping cough is a disease that can cause long bouts of coughing and choking, making it hard to breathe. Whooping cough can last for up to 10 weeks. Babies under one year of age are most at risk. The disease is very serious and can kill. Before the whooping cough vaccine was introduced, the average number of cases reported each year in the UK was 120,000, and 92 children died in the year before the vaccine was introduced. Children usually catch whooping cough by breathing in tiny droplets released into the air by other people's coughs and sneezes.

## Polio

Polio is a virus that can attack the nervous system and cause permanent paralysis of the muscles. If it affects the chest muscles or the brain, polio can kill. Before the polio vaccine was introduced, there were as many as 8,000 cases of polio in the UK in epidemic years. You can become infected with the polio virus if you come into contact with the poo (faeces) of someone with the infection, or with the droplets launched into the air when they cough or sneeze.



This leaflet tells you all about the DTap/IPV or dTap/IPV vaccines, also known as the preschool booster or '4 in 1' as they protect against four diseases – diphtheria, tetanus, pertussis (whooping cough) and polio.



**Mae Brechu yn achub bywydau  
Vaccination saves lives**



**Diphtheria,  
tetanus, pertussis  
and polio vaccine**

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**For children before they  
start school**



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Public Health  
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