GIG CYMRU NHS WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Gwneud yn fawr o'r GIG

Mae Llywodraeth Cymru yn darparu presgriptiynau am ddim i wneud yn siŵr nad yw cleifion sydd â salwch difrifol dan anfantais a bod pawb yn gallu cael y driniaeth y mae arnynt ei hangen. Fodd bynnag, nid yw'n cefnogi'r drefn o ragnodi meddyginiaethau sydd ar gael i'w prynu dros y cownter at gyflyrau cyffredin, a dylai cleifion neu ofalwyr brynu'r rhain mewn fferyllfa:

- Poen laddwyr at fân anhwylderau
- Carthyddion
- Triniaeth at y llindag (thrush)
- Eli lladd poen a lleddfu cyhyrau
- Steroidau ysgafn i'w rhoi ar y croen
- Triniaeth at ddolur annwyd
- Triniaethau at dwymyn y gwair / alergeddau
- Fitiminau
- Triniaeth at lau pen
- Cynnyrch i'w defnyddio yn y bath / cawod

Gellwch gael cyngor a thriniaeth at fân anhwylderau yn eich Fferyllfa - holwch nhw os bydd arnoch angen help!

Mae Bwrdd Iechyd Prifysgol Betsi Cadwaladr yn argymell na ddylai meddygon teulu rhagnodi'r cynnyrch hyn oherwydd:

- mae nhw ar gael yn hawdd mewn fferyllfeydd a llawer o siopau
- mae nhw'n costio llawer mwy i'r GIG na fyddent i chi eu prynu
- mae arnom angen i gleifion reoli eu cyflyrau cyffredin eu hunain

Ni allwn bob amser ragnodi'r hyn y mae arnoch ei ***eisiau***, ond byddwn bob amser yn rhagnodi'r hyn y mae arnoch ei ***angen***

Making the most of the NHS

The Welsh Government provides free prescriptions to make sure that patients who have serious illnesses are not disadvantaged and that everyone can get the treatment that they need. However, it does not support the routine prescribing of medication that is available to buy over the counter for common conditions and patients or carers should buy these from a pharmacy:

- Painkillers for minor aches and pains
- Laxatives
- Thrush treatment
- Painkiller creams and muscle rubs
- Mild topical steroids
- Cold sore treatment
- Hay fever / allergy treatments
- Vitamins
- Head lice treatment
- Bath and shower products

You can get advice and treatment for common ailments from your Pharmacy - just ask them if you need help!

Betsi Cadwaladr University Health Board does not recommend that GPs prescribe these products because:

- they are widely available from pharmacies and many shops
- they cost the NHS much more than they cost you to buy
- we need patients to manage their common conditions themselves

We cannot always prescribe everything you ***want***, but we will always prescribe everything that you ***need***