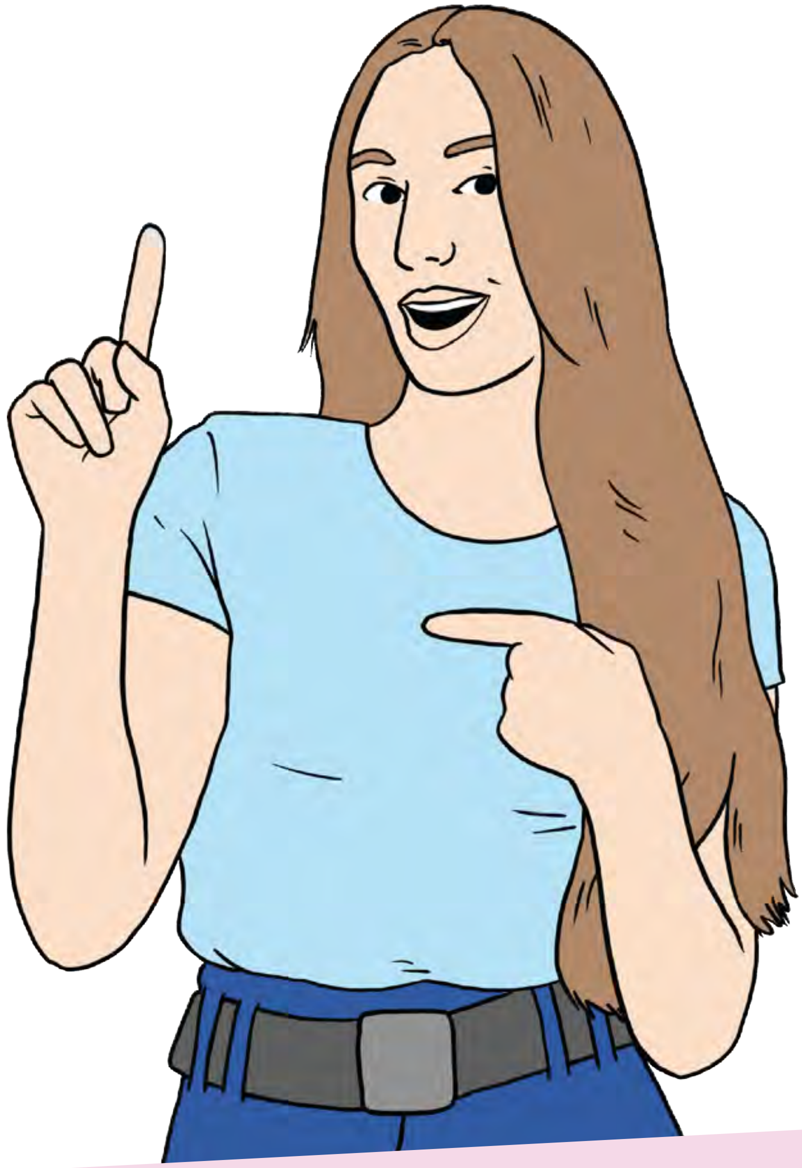
NHS
Blood and Transplant

Rhoi organau a meinwe
Becoming an organ and tissue donor

hawdd ei ddeall
easy read

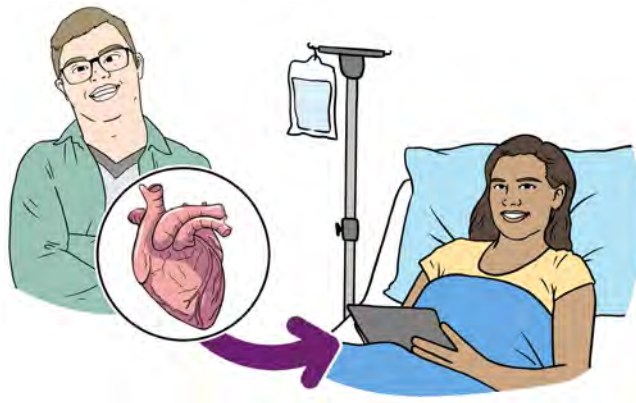


Ydw rwy'n rhoi
RHOI ORGANAU

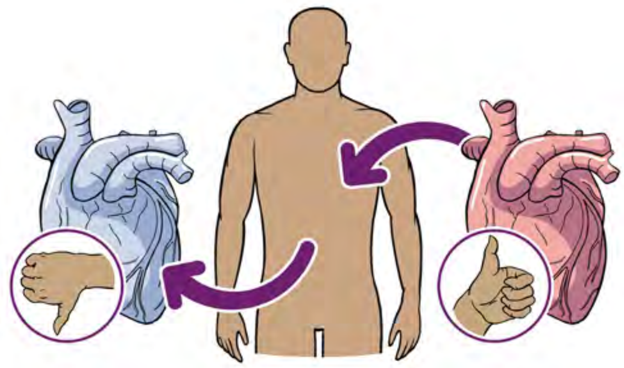
Yes I donate
ORGAN DONATION

Beth ydy rhoi organau a meinwe?

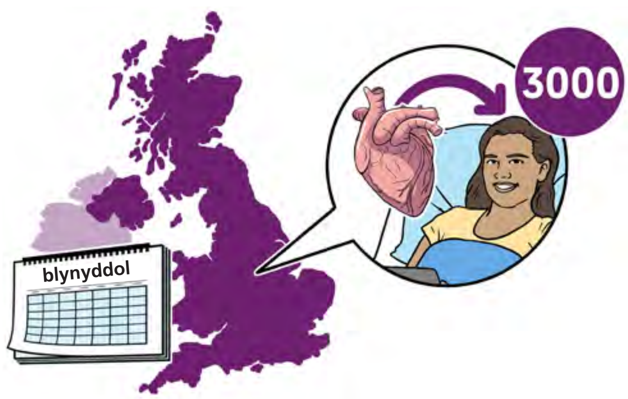
Ystyr rhoi organau ydy rhoi organau i helpu rhywun sydd angen **trawsblaniad.**



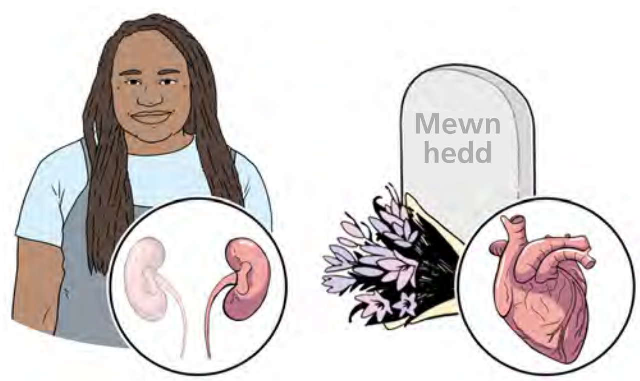
Trawsblaniad ydy pan fydd organ sydd ddim yn iach yn cael ei thynnu o'r corff gan feddygon, ac organ iach yn cael ei rhoi yn ei lle.



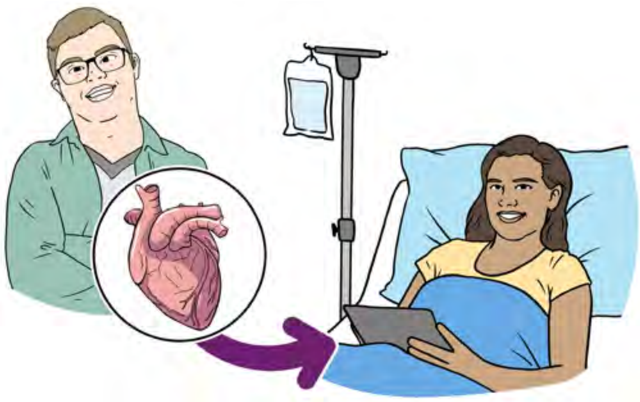
Mae mwy na 3,000 o fywydau yn y DU yn cael eu hachub neu eu gwella bob blwyddyn drwy drawsblaniadau organau.



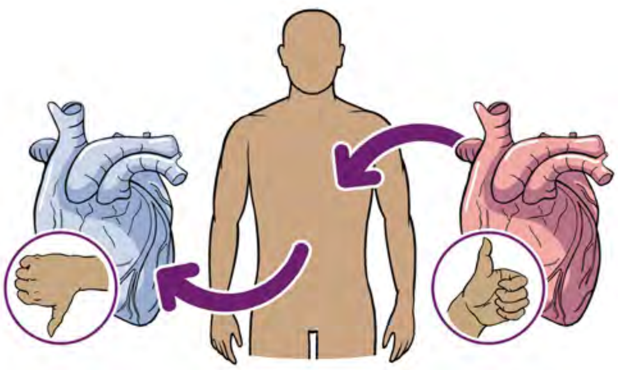
Mae'n bosib rhoi rhai organau pan fydd person yn fyw, ac mae'n bosib rhoi rhai organau ar ôl iddyn nhw farw.



What is organ and tissue donation?

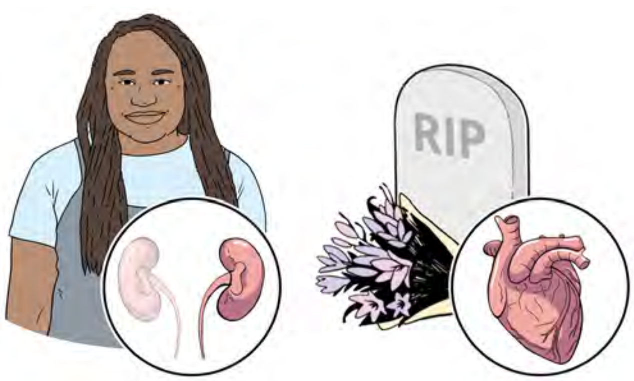


Organ donation is when you give an organ to help someone who needs a **transplant**.



A **transplant** is when an unhealthy organ is removed from the body by doctors and replaced with a healthy one.

More than 3,000 lives in the UK are saved or improved each year by organ transplants.

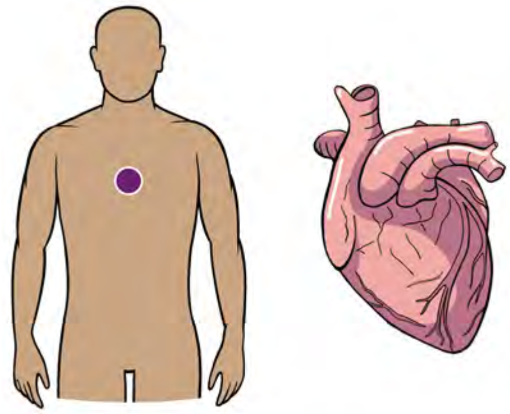


Some organs can be donated when a person is alive, and some organs can be donated after they have died.

Dyma organau y gellir eu rhoi gan bobl sydd wedi marw:

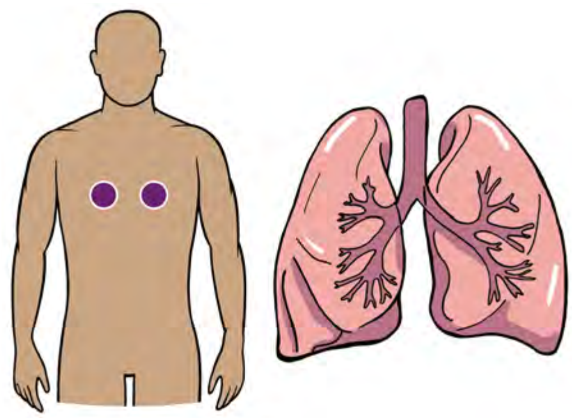
Calon

Mae hyn yn eich brest ac mae'n pwmpio gwaed o amgylch eich corff.



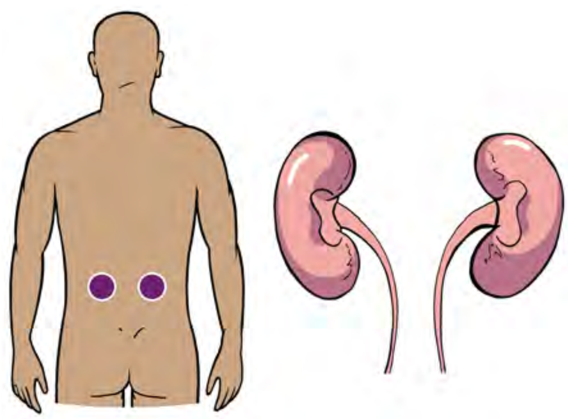
Ysgyfaint

Mae'r rhain yn eich brest a dyma lle rydych chi'n anadlu aer i mewn ac allan.



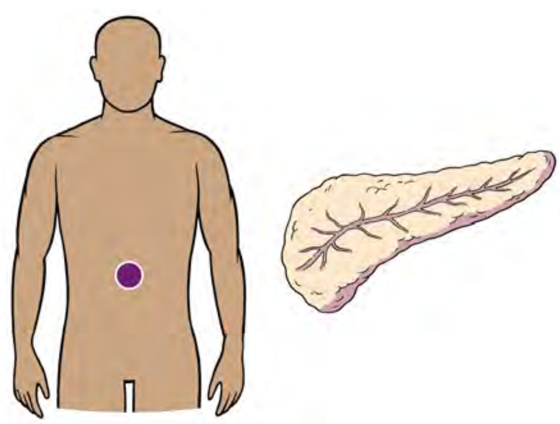
Arennau

Mae'r rhain yn eich cefn yn union o dan eich asennau. Maen nhw'n helpu i lanhau eich gwaed.

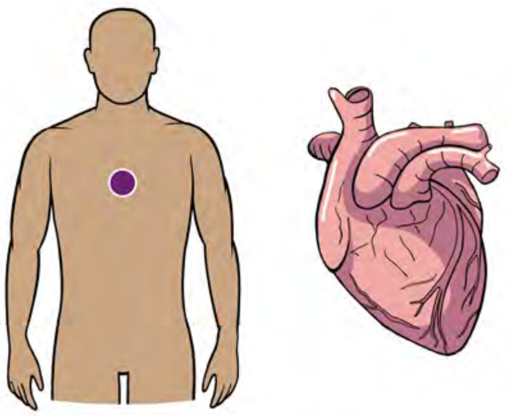


Pancreas

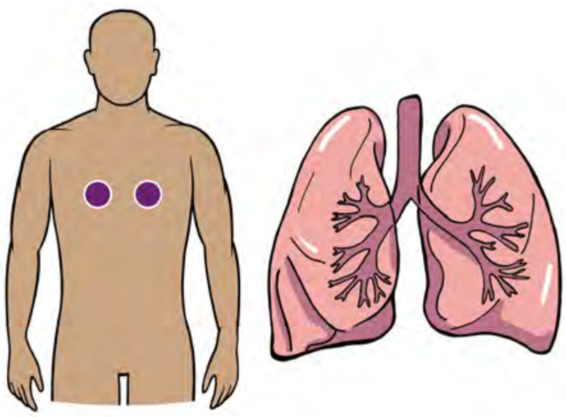
Mae hyn yn eich stumog ac mae'n eich helpu i ddelio â'r bwyd rydych chi'n ei fwyta.



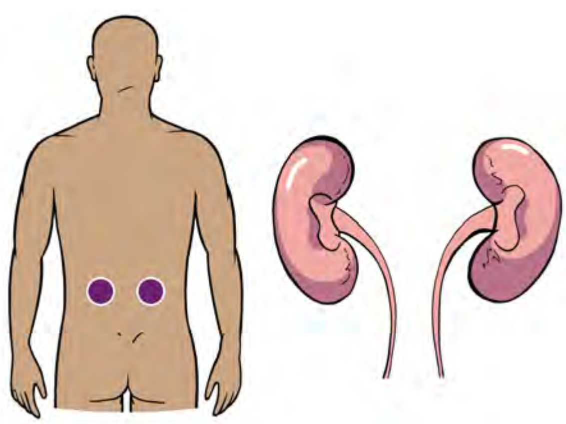
Organs that can be donated from people who have died include:



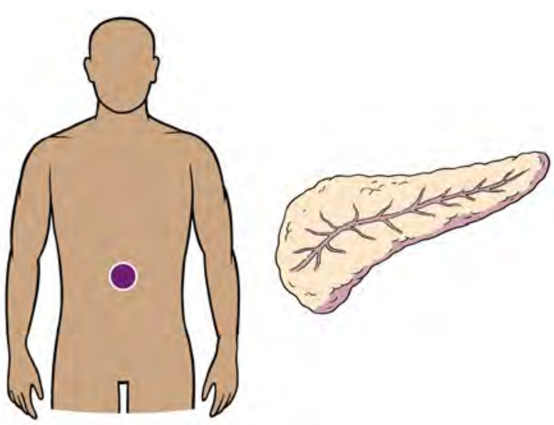
Heart
This is in your chest and pumps blood around your body.



Lungs
These are in your chest and are where you breathe air in and out from.



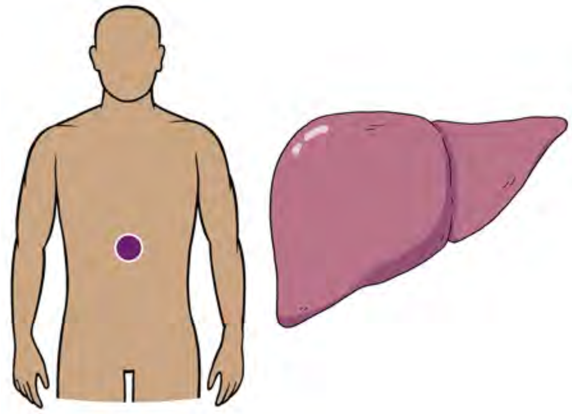
Kidneys
These are in your back just under your ribs. They help to clean your blood.



Pancreas
This is in your stomach and helps you to break down the food that you eat.

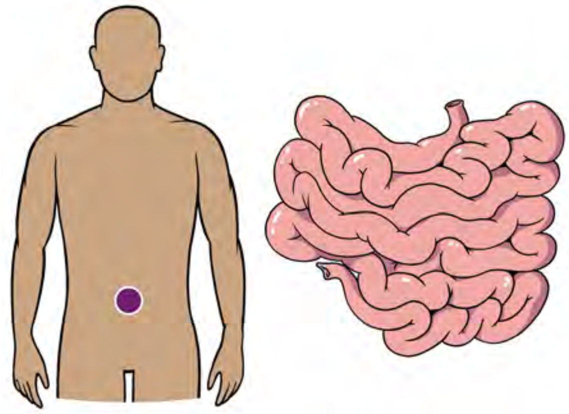
Iau/afu

Mae hyn yn rhan uchaf eich stumog. Mae'n glanhau eich gwaed ac yn delio â phethau drwg o'r enw **tocsinau**.

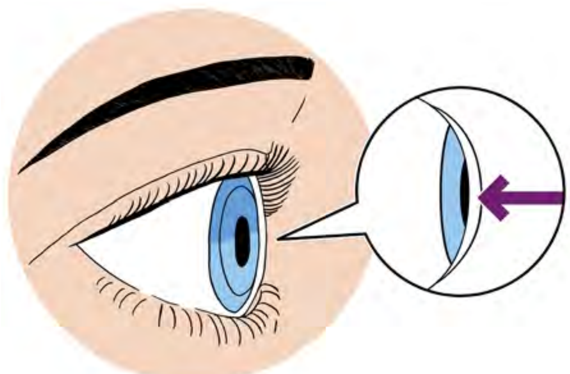


Coluddyn bach

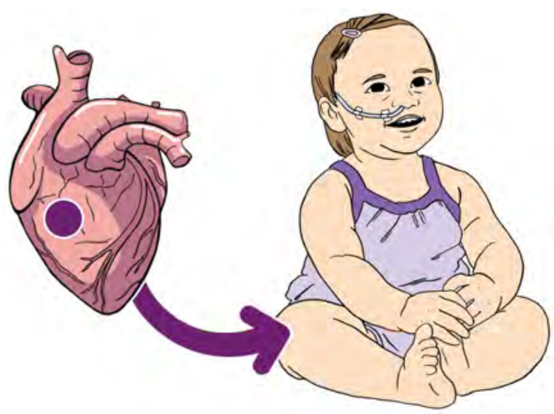
Mae hyn ar waelod eich stumog. Mae'n eich helpu i ddelio â bwyd ac amsugno pethau sydd eu hangen arnoch chi, fel dŵr.

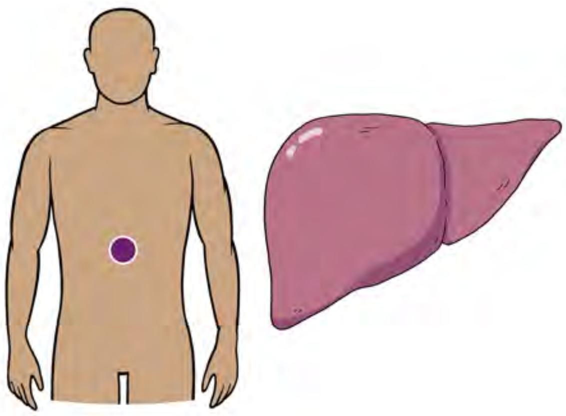


Mae'n bosib rhoi meinwe fel **cornbilennau** i helpu pobl i weld eto. **Cornbilennau** ydy'r rhannau tryloyw o'ch llygad sy'n gorchuddio cannwyll eich llygad.



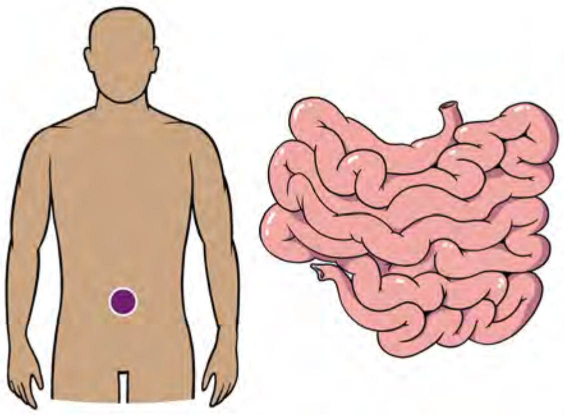
Falfiau'r galon – mae'n bosib rhoi'r rhain i wella bywydau plant a babanod sydd angen llawdriniaeth ar y galon, ac oedolion sydd â niwed ar falfiau eu calon.





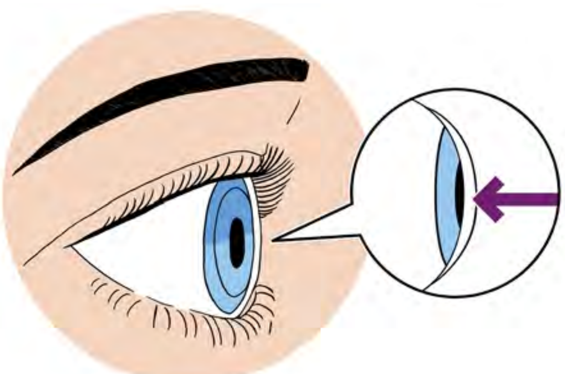
Liver

This is at the top of your stomach. It cleans your blood and breaks down bad things called **toxins**.

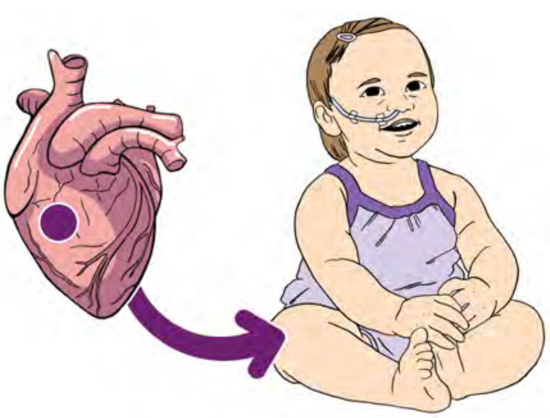


Small bowel

This is at the bottom of your stomach. It helps you break down food and absorbs things you need, like water.

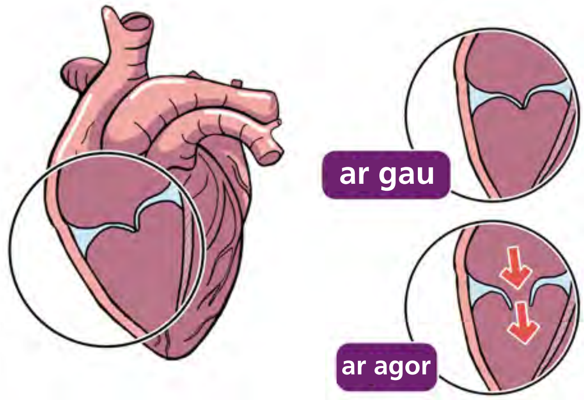


Tissues like **corneas** can be donated to help people see again. **Corneas** are the see through part of your eye that covers your pupil.



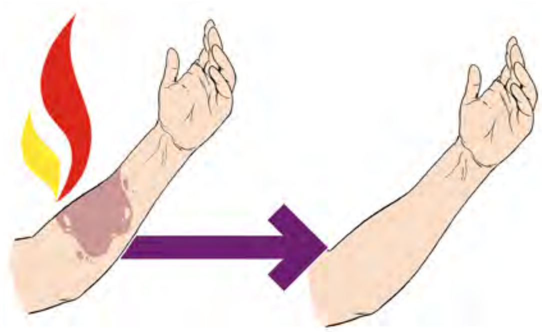
Heart valves can be donated to save the lives of children and babies that need heart surgery, and adults with damaged heart valves.

Falfiau'r galon ydy rhannau o'ch calon sy'n gweithio fel drysau. Maen nhw'n agor ac yn cau i adael i waed lifo o un rhan o'ch calon i'r llall.



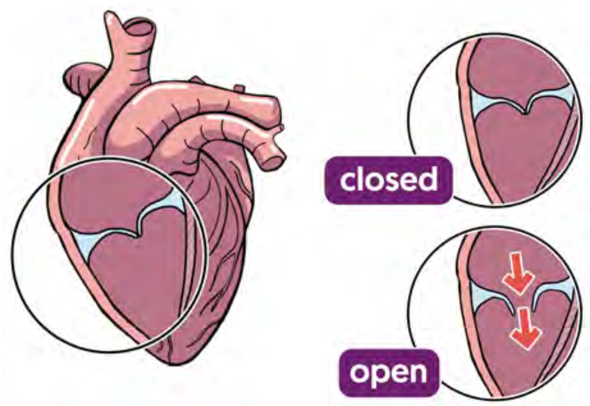
Esgyrn – mae'n bosib rhoi esgyrn i helpu pobl sy'n cael llawdriniaeth i osod clun newydd.

Croen – mae'n bosib rhoi croen i helpu i drin pobl â llosgiadau.



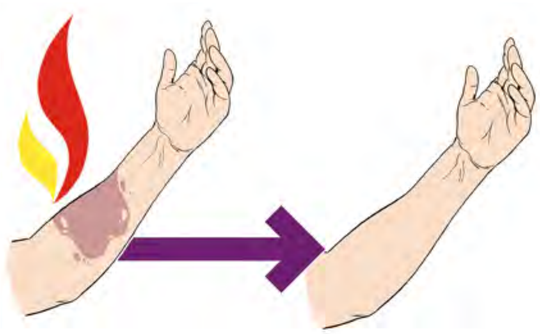
Eich organau a'ch meinwe chi, eich dewis chi

Chi sydd i ddewis ydych chi eisiau rhoi organau a meinwe pan fyddwch chi'n marw, neu beidio.



Heart valves are parts of your heart that work like doors. They open and close to let blood flow from one part of your heart to another.

Bone can be donated to help people having hip replacement operations.

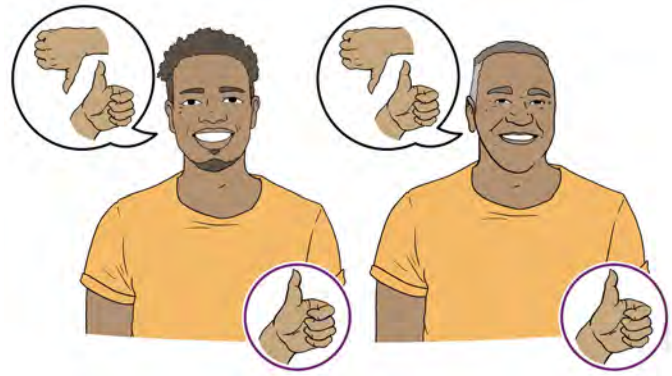


Skin can be donated to help treat people with burns.

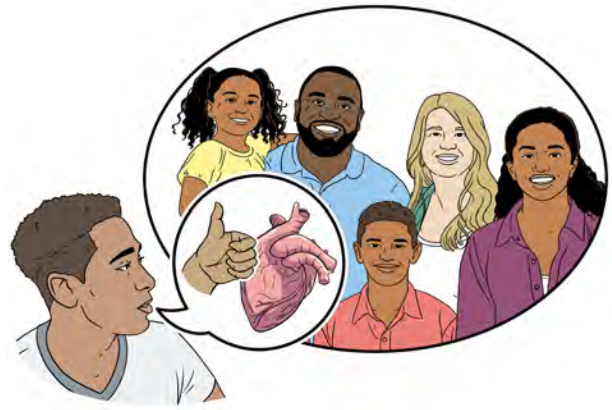
Your organs and tissue, your choice

It is your choice if you want to be an organ and tissue donor when you die, or not.

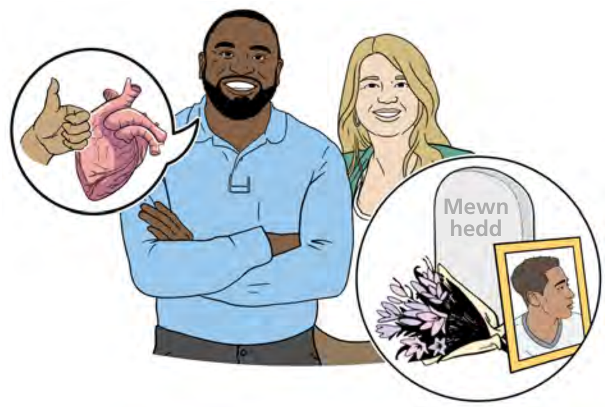
Gallwch chi wneud y dewis hwn ar unrhyw adeg yn eich bywyd.



Mae'n bwysig rhannu eich penderfyniad gyda'ch ffrindiau a'ch teulu.



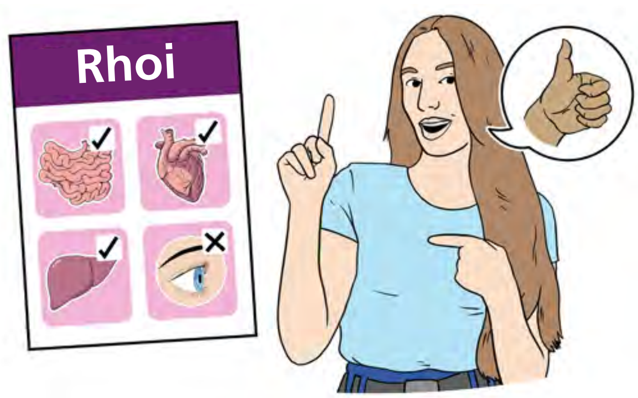
Bydd disgwyl iddyn nhw gefnogi'r penderfyniad pan fyddwch chi'n marw.

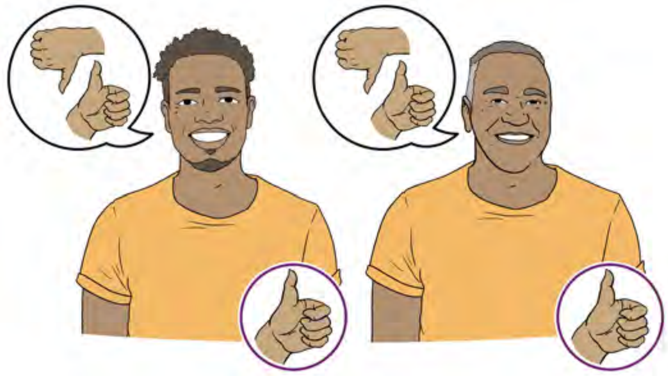


Eich dewisiadau

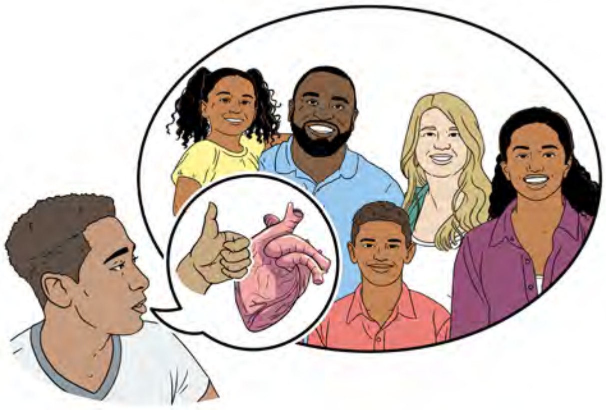
Gallwch chi:

Gofrestru i fod yn rhoddwr
Dewis roi rhai neu'r cyfan o'ch organau a'ch meinwe pan fyddwch chi'n marw.

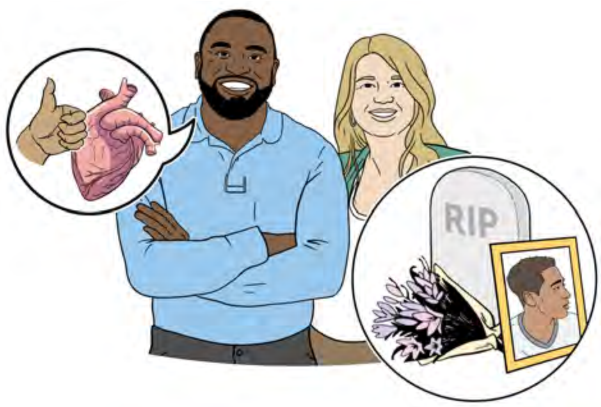




You can make this choice at any time in your life.

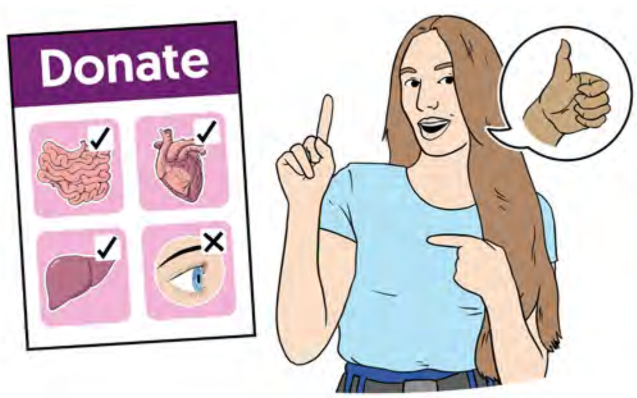


It is important to share your decision with your friends and family.



They will be expected to support this decision when you die.

Your choices

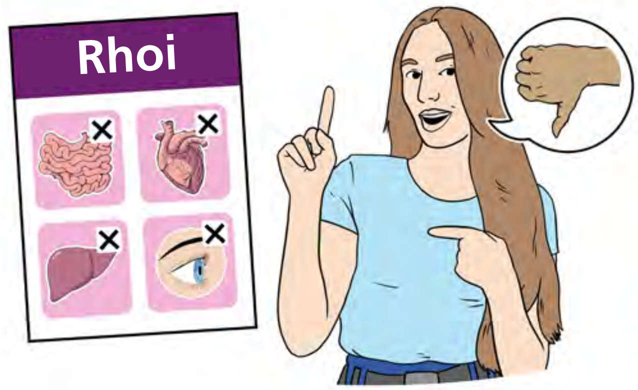


You can:

Register to be a donor
Choose to donate some or all of your organs and tissues when you die.

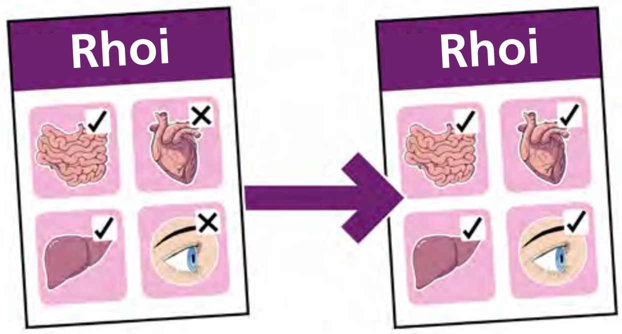
Cofrestru i beidio â bod yn rhoddwr

Dewis peidio â rhoi organau na meinwe.



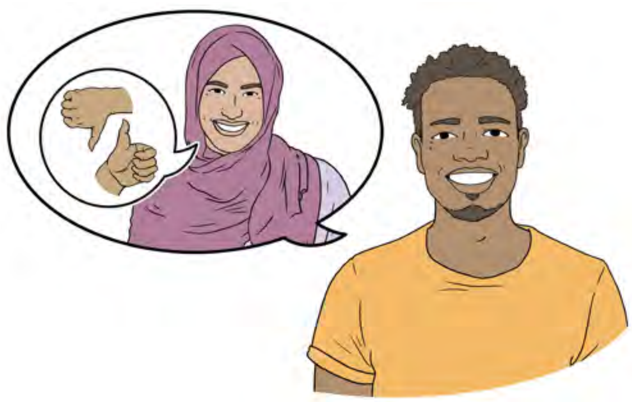
Newid neu gywiro

Diweddaru eich manylion neu newid pa organau a meinwe rydych chi eisiau eu rhoi.

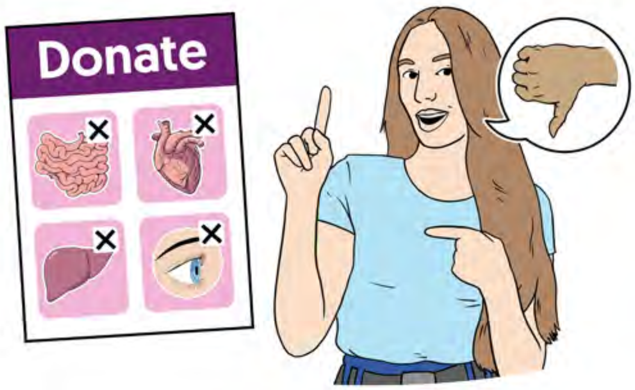


Dewis rhywun i wneud y penderfyniad ar eich rhan

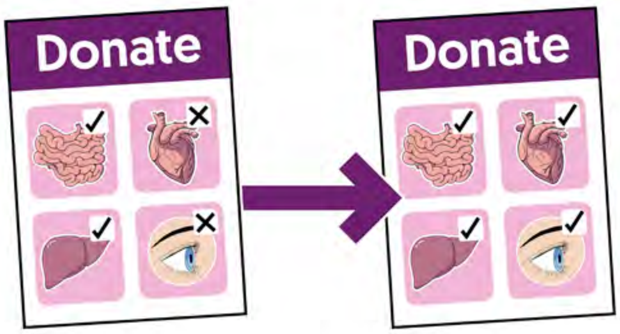
Dewiswch rywun rydych chi'n ymddiried ynddo i wneud y penderfyniad. Ar ôl i chi farw, gofynnir i'r person hwn oes modd rhoi eich organau neu beidio.



Gall y person fod yn ffrind neu'n aelod o'ch teulu. Neu'n unrhyw un rydych chi'n ymddiried ynddo, fel eich meddyg, neu arweinydd crefyddol neu ffydd.



Register not to be a donor
Choose not to donate any organs or tissues.



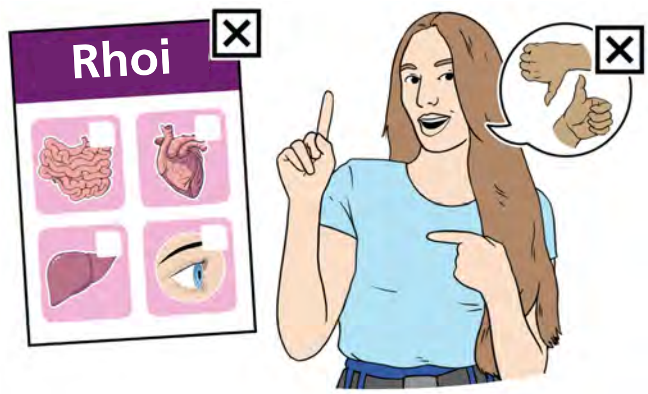
Change or correct
Update your details or change what organs and tissues you want to donate.

Choose someone to make the decision for you
Choose a person you trust to make the decision. After you die, this person will be asked if your organs can be donated.

The person you choose can be a friend or family member. Or anyone you trust such as your doctor, or a religious or faith leader.

Tynnu eich enw oddi ar y gofrestr

Cael eu tynnu oddi ar y gofrestr. Mae hyn yn golygu na fydd gan y GIG eich penderfyniad am fod yn rhoddwr organau neu feinwe.

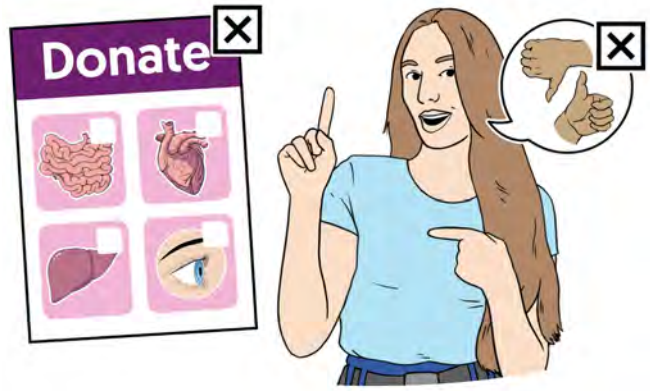


Os nad ydych chi ar y gofrestr, efallai y byddwch chi'n dal i fod yn rhoddwr drwy **gydsyniad tybiedig** yng Nghymru, Lloegr, yr Alban a Gogledd Iwerddon.

Ystyr **cydsyniad tybiedig** ydy mai'r sefyllfa os dydy eich penderfyniad ddim ar y gofrestr rhoddwyr organau ydy y byddan nhw'n cymryd nad oeddech ddim yn erbyn rhoi eich organau.

Dydy rhai pobl ddim yn gallu bod yn rhoddwr drwy gydsyniad tybiedig. Sef:

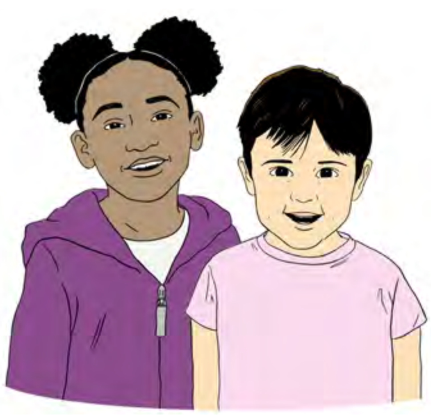
Pobl o dan 18 oed



Withdraw from the register
Be removed from the register. This means the NHS will not have your decision about being an organ or tissue donor.

If you are not on the register you may still become a donor through **deemed consent** in England, Wales, Scotland and Northern Ireland.

Deemed consent means that if your decision is not on the organ donor register, then they will assume you were not against donating your organs.



Some people can not become a donor through **deemed consent.** These are:

People under the age of 18

Pobl sydd heb **alluedd meddyliol**. Mae hyn yn golygu rhywun sy'n methu gwneud penderfyniadau drosto'i hun.

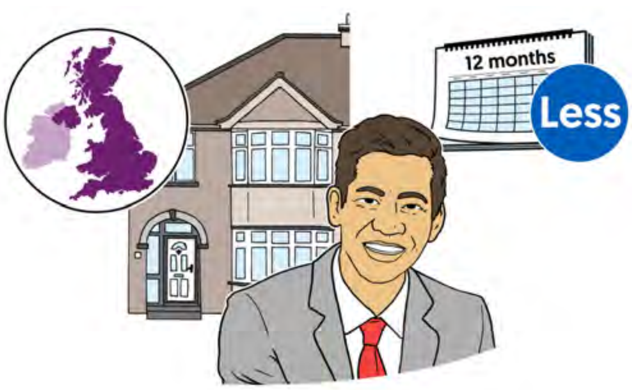
Ymwelwyr â Chymru, Lloegr, yr Alban a Gogledd Iwerddon sydd ddim yn byw yma.

Pobl sy'n byw yng Nghymru, Lloegr, yr Alban a Gogledd Iwerddon ers llai na deuddeg mis cyn iddyn nhw farw.

I gael rhagor o wybodaeth ac i ychwanegu eich enw a'ch penderfyniad at y gofrestr, ewch i:
www.organdonation.nhs.uk

People who do not have **mental capacity**. This means someone who can not make decisions for themselves.

Visitors to England, Wales, Scotland, and Northern Ireland that do not live here.



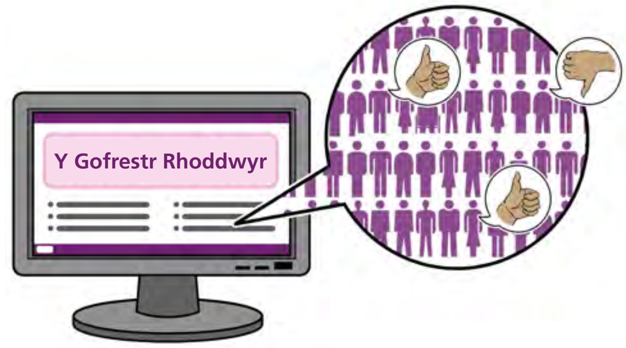
People who have lived in England, Wales, Scotland, and Northern Ireland for less than 12 months before their death.

To find out more and to add your name and decision to the register visit:

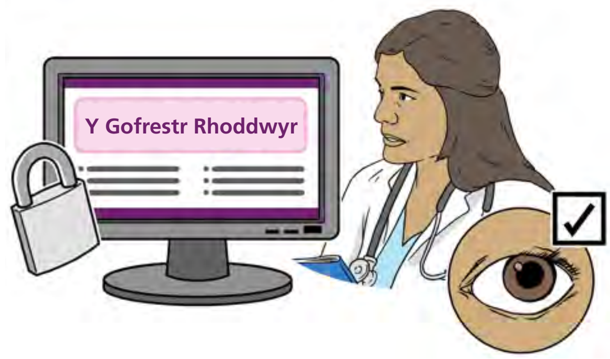
www.organdonation.nhs.uk

Beth ydy Cofrestr Rhoddwyr Organau y GIG?

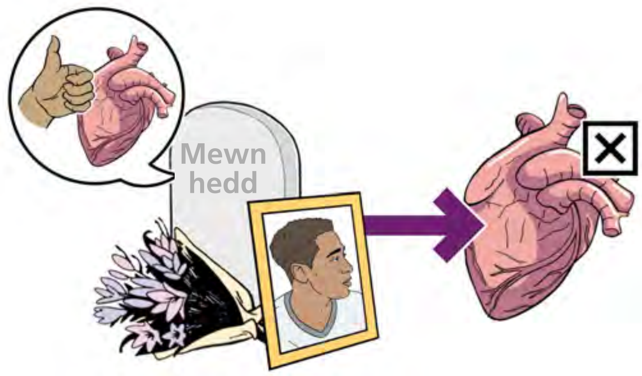
Cofrestr Rhoddwyr Organau y GIG ydy lle i gadw manylion pawb sydd wedi cofrestru penderfyniad am roi organau.



Mae'r gofrestr yn **gyfrinachol**. Felly, bydd eich gwybodaeth yn cael ei chadw'n ddiogel a dim ond pobl sydd angen gweld y gofrestr, fel gweithwyr gofal iechyd proffesiynol, fydd yn ei gweld.



Dydy hi ddim yn bosib rhoi organau bob amser pan fyddwch.

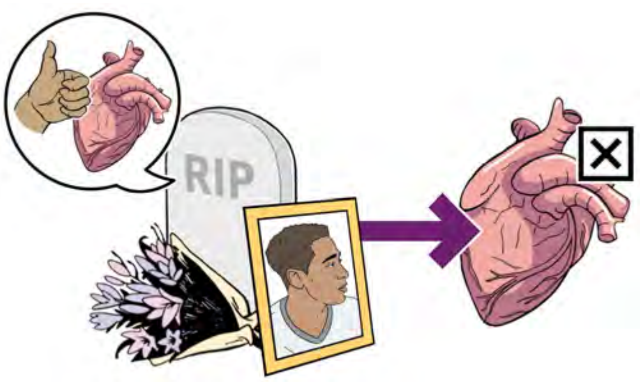


Os ydy hi'n bosib rhoi organau pan fyddwch chi'n marw, bydd nyrsys arbenigol yn edrych i weld ydy'r gofrestr yn cynnwys eich penderfyniad am roi organau.

What is the NHS Organ Donor Register?

The NHS Organ Donor Register is where the details of everyone who has registered a decision about organ donation are kept.

The register is **confidential**. This means that your information will be kept safe and will only be seen by people who need to access the register, like healthcare professionals.



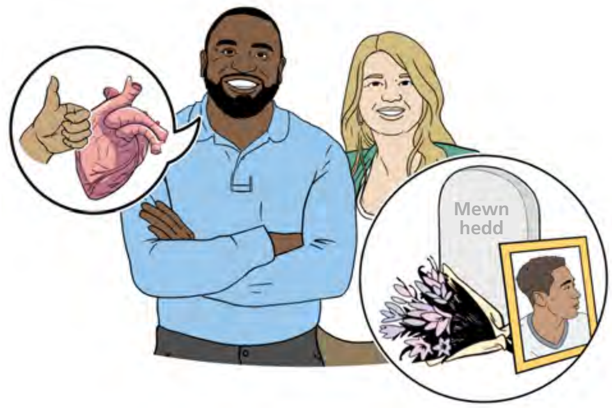
Organ donation is not always possible when you die.

If organ donation is possible when you die, specialist nurses will look to see if your organ donation decision is on the register.

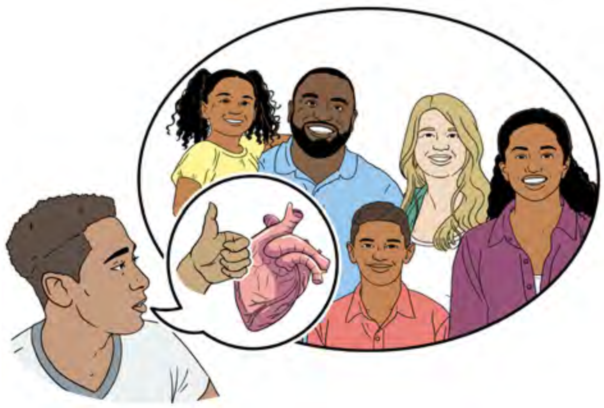
Rhannwch eich penderfyniad am roi organau a meinwe

Bydd nyrs arbenigol yn siarad gyda'ch teulu, neu'r person rydych chi wedi'i ddewis, cyn rhoi organau a meinwe.

Bydd disgwyl iddyn nhw gefnogi eich penderfyniad.



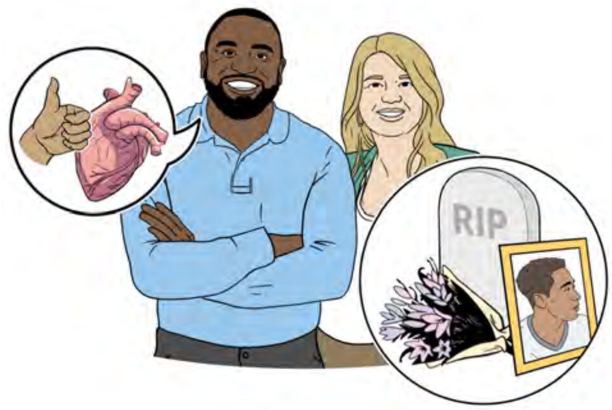
Dylech chi siarad am eich penderfyniad gyda theulu a ffrindiau er mwyn iddyn nhw wybod sut rydych chi'n teimlo a sut maen nhw'n teimlo.



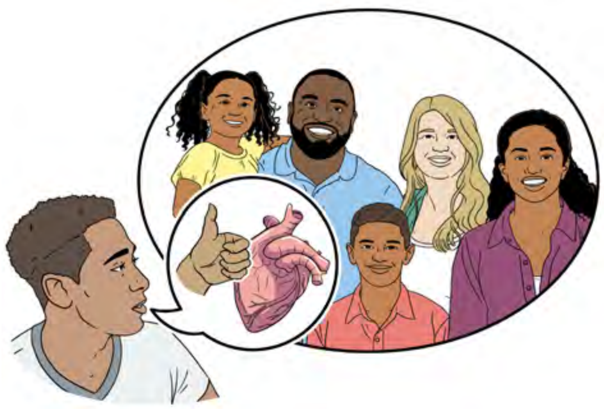
Mae teuluoedd yn ei chael hi'n haws cefnogi rhoi organau pan maen nhw eisoes yn gwybod beth oedd dymuniad eu haelod o'r teulu.

Share your organ and tissue donation decision

A specialist nurse will talk to your family, or the person you chose, before organ and tissue donation happens.



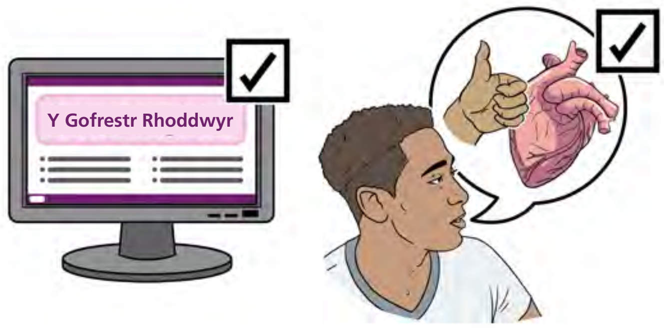
They will be expected to support the decision you have made.



You should talk about your decision with family and friends so that they know how you feel and you know how they feel.

Families find it easier to support organ donation when they already know what their family member wanted.

Gallwch chi wneud yn siŵr fod eich teulu'n gwybod beth rydych chi eisiau drwy ychwanegu eich penderfyniad at Gofrestr Rhoddwyr Organau y GIG a siarad gyda nhw am eich penderfyniad.



Os oes angen help arnoch chi ac nad ydych chi'n gallu dod o hyd i'r wybodaeth angenrheidiol ar-lein, gallwch chi ffonio'r Llinell Rhoi Organau ar **0300 123 23 23**.

Os oes gennych chi broblemau gyda'ch clyw, neu os ydych chi'n fyddar, defnyddiwch ein gwasanaeth cyfnewid testun ar:
18001 0300 1232323

Neu anfonwch neges destun atom ni ar:
07860 034 343

You can make sure your family know what you want by adding your decision to the NHS Organ Donor Register and talking to them about your decision.

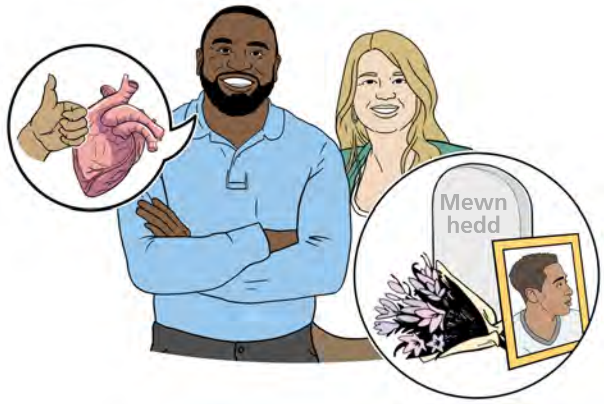
If you need help and can not find what you need online, you can call the Organ Donor Line on:
0300 123 23 23

If you have problems with hearing, or you are deaf, please use our text relay service on:
18001 0300 1232323

Or text us on:
07860 034 343

Pam mae'n bwysig rhannu eich penderfyniad?

Bydd disgwyl i'ch teulu gefnogi eich penderfyniad os byddwch chi'n marw a'i bod yn bosib i chi roi organau neu feinwe.



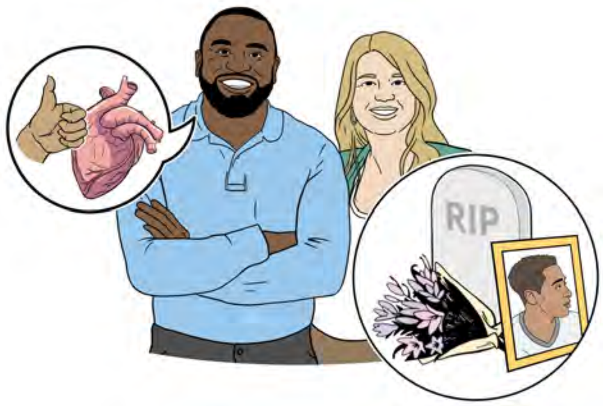
Bydd nyrs arbenigol yn siarad â'ch teulu cyn i organau a meinwe gael eu rhoi.

Y rheswm am hyn ydy:

Efallai fod gan eich teulu wybodaeth fwy diweddar am eich penderfyniad na Chofrestr Rhoi Organau y GIG.
Rydyn ni eisiau parchu teimladau eich teulu.

Os ydych chi eisiau rhoi, gall eich teulu ddweud wrthym ni am unrhyw beth roeddech chi eisiau, i wneud yn siŵr bod yr organ yn cael ei rhoi yn unol â'ch crefydd neu gred.

Why is it important to share your decision?



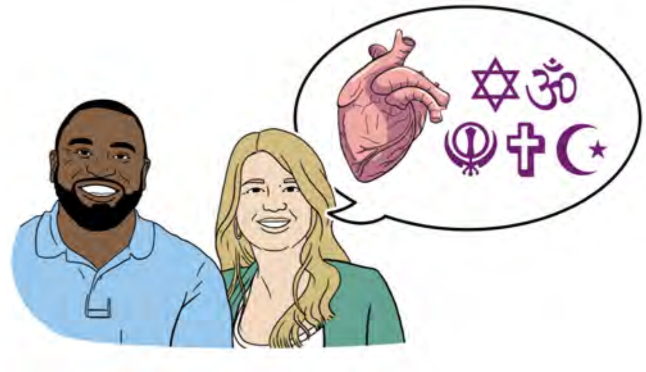
Your family will be expected to support your decision if you die and it is possible for you to donate organs or tissue.

A specialist nurse will talk to your family before organ and tissue donation happens.

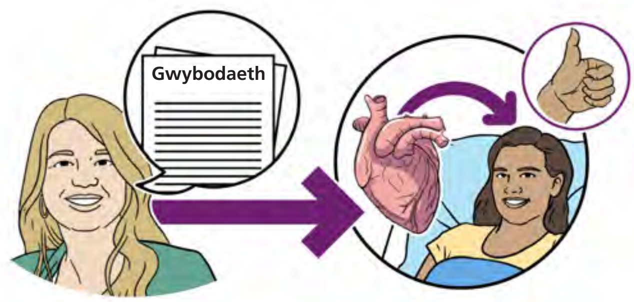
This is done because:

Your family may have newer information about your donation decision than the NHS Organ Donor Register.
We want to respect your family's feelings.

If you want to donate, your family can tell us about anything you wanted, to make sure that organ donation is done in line with your religion or beliefs.

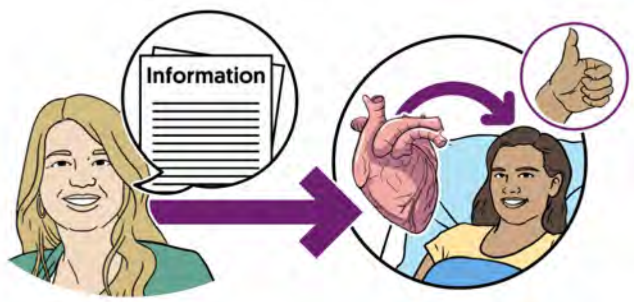


Gall yr wybodaeth gan eich teulu helpu i wneud yn siŵr bod eich organau’n ddiogel i bobl eraill.



Os nad oes gennych chi deulu agos a ffrindiau, gallwch chi ddefnyddio Cofrestr Rhoddwyr Organau y GIG i ddewis rhywun i’ch cynrychioli chi. Mae hyn yn golygu y bydd nyrs arbenigol yn siarad gyda nhw ar ôl i chi farw.

Gallwch chi hefyd ddewis rhywun i’ch cynrychioli chi os oes gennych chi deulu a ffrindiau, ond eich bod chi eisiau i rywun arall wneud y penderfyniad ar eich rhan.



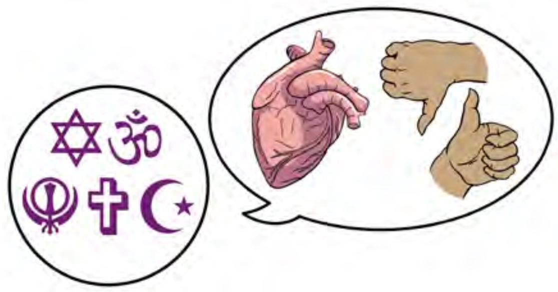
The information your family gives can help make sure that your organs are safe for other people.

If you do not have close family and friends you can use the NHS Organ Donor Register to choose someone to **represent** you. This means a specialist nurse will speak to them after your death.

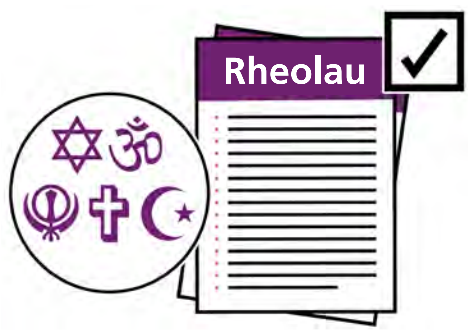
You can also choose someone to represent you if you do have close family and friends, but would still like someone else to make the decision for you.

A fydd eich crefydd neu eich credoau'n cael eu parchu?

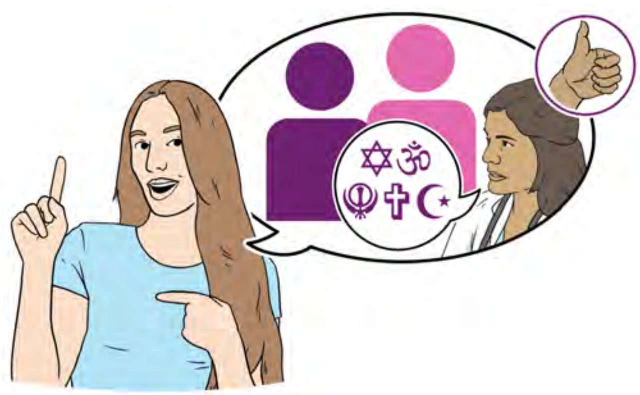
Bydd ein nyrsys arbenigol yn siarad gyda theuluoedd ac yn ceisio ateb unrhyw gwestiynau sydd ganddyn nhw am sut byddai eich crefydd neu eich credoau yn cael eu parchu.



Mae hyn yn golygu gwneud yn siŵr nad ydy rhoi organau yn mynd yn groes i'ch crefydd neu gred.



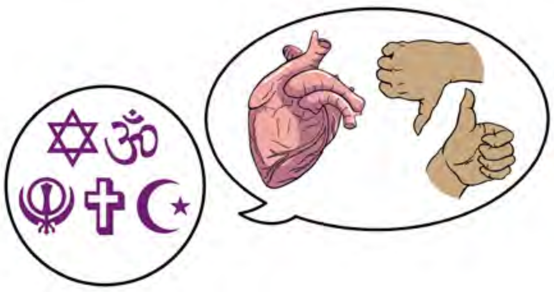
A dilyn y canllawiau sydd gan eich crefydd neu gred am roi organau.



Os byddwch chi'n dewis cofrestru fel rhoddwr organau, gallwch chi ddweud os ydych chi eisiau i'r GIG siarad gyda'ch teulu, ac unrhyw un arall, am roi organau a'ch crefydd neu gredoau.

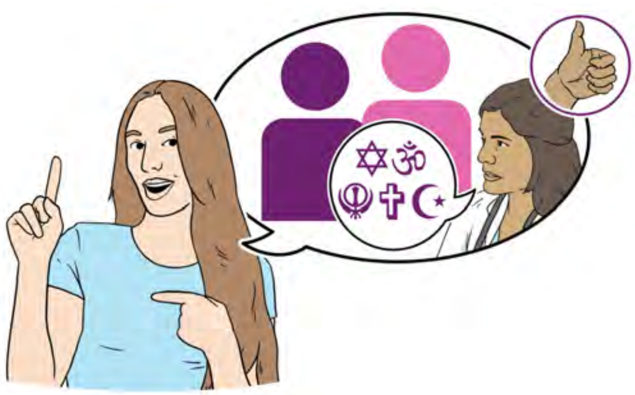
Will your religion or beliefs be respected?

Our specialist nurses will talk with families and try to answer any questions they may have about how your religion or beliefs would be **respected**.



This means making sure that organ donation does not go against your religion or beliefs.

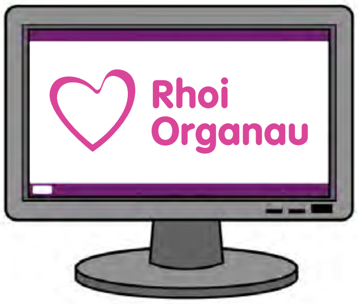
And following the guidelines your religion or belief has about organ donation.



If you choose to register as an organ donor, you can say if you want the NHS to speak to your family, and anyone else, about organ donation and your religion or beliefs.

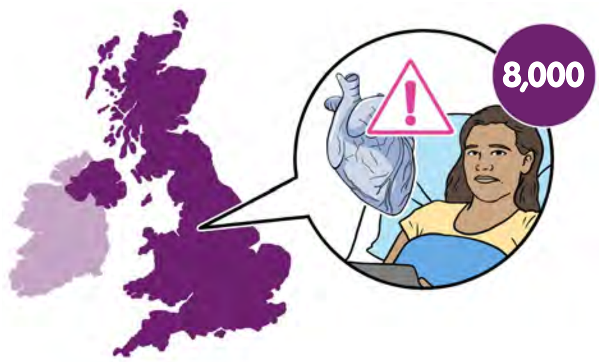
Bydd ein nyrsys arbenigol yn gallu gweld a ydych chi wedi ateb y cwestiwn yma wrth chwilio am eich cofnod ar Gofrestr Rhoddwyr Organau y GIG.

I gael rhagor o wybodaeth am sut bydd eich crefydd neu gredoau yn cael eu parchu, gallwch chi fynd i: **www.organdonation.nhs.uk**

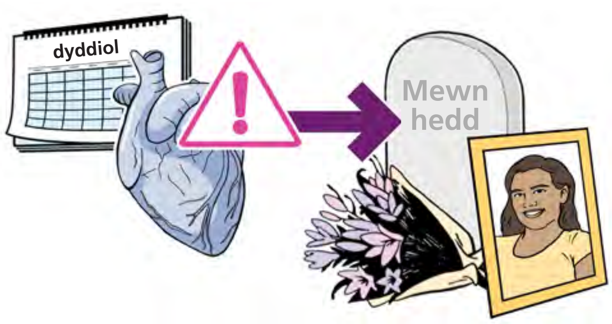


Ffeithiau am roi organau

Mae tua 8,000 o bobl yn aros am drawsblaniad yn y DU.



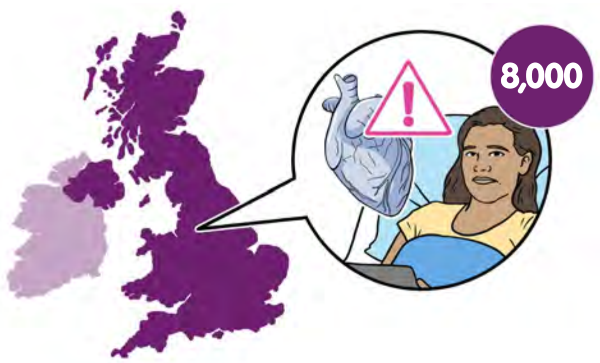
Ar gyfartaledd, mae rhywun yn marw bob dydd yn disgwyl am drawsblaniad oherwydd does dim digon o bobl yn rhoi.



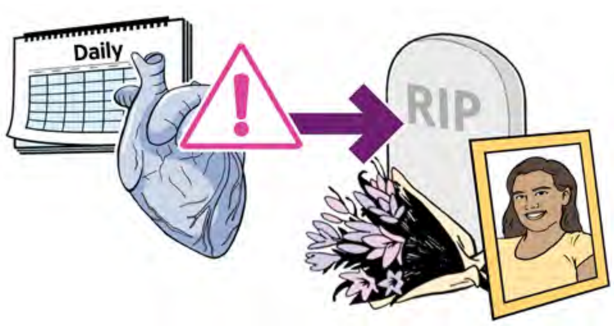
Our specialist nurses will be able to see if you have answered this question when looking up your record on the NHS Organ Donor Register.

To find out more about how your religion or beliefs will be respected, you can visit:
www.organdonation.nhs.uk

Facts about organ donation

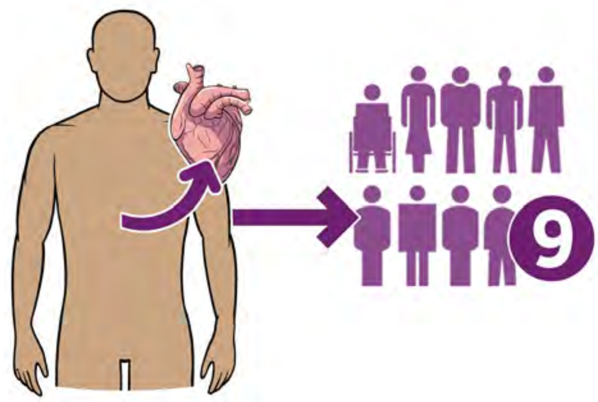


There are around 8,000 people waiting for a transplant in the UK.



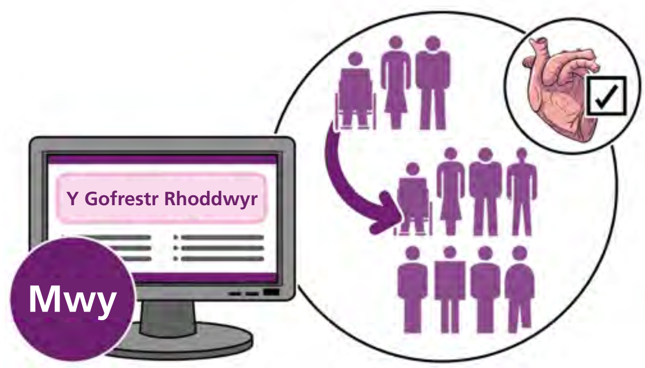
On average, someone dies every day waiting for a transplant because there are not enough people donating.

Gall un rhoddwr achub hyd at naw bywyd drwy roi organau, a mwy fyth o fywydau drwy roi meinwe.

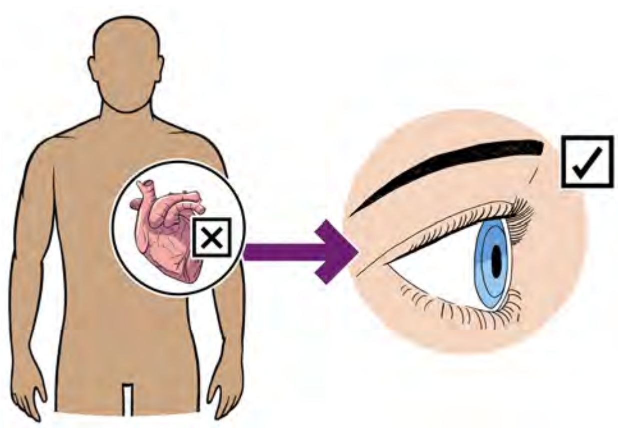


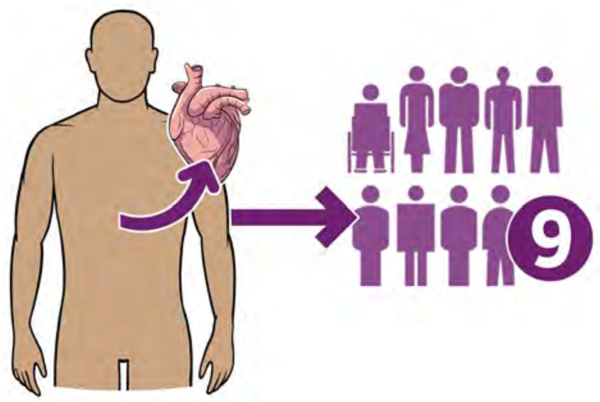
Dim ond ychydig iawn o bobl sy'n marw mewn ffordd lle mae'n bosib iddyn nhw fod yn rhoddwr organau.

Po fwyaf o bobl sy'n cofrestru fel rhoddwyr, y gorau yw ein siawns y bydd hi'n bosib rhoi organau.



Hyd yn oed os nad ydy hi'n bosib i rywun fod yn rhoddwr organau, gall llawer fod yn rhoddwyr cornbilen a meinwe.

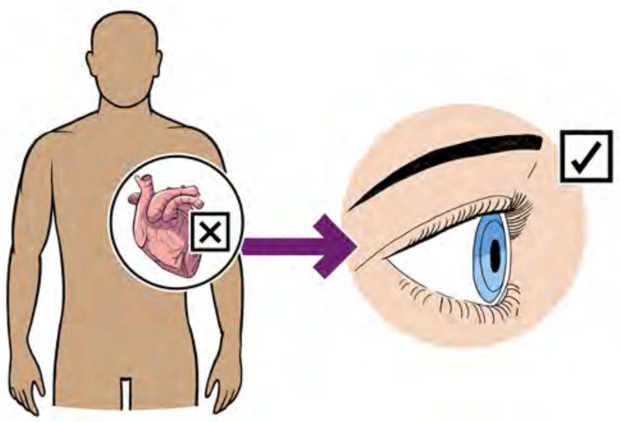




One donor can save up to nine lives from organ donation, and even more by donating tissue.

Only a very small amount of people die in a way where it is possible for them to be organ donors.

So the more people who register as donors, the better chance we have of organ donation being possible.



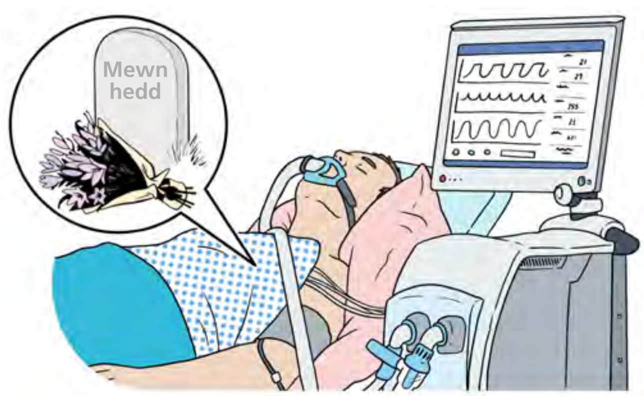
Even if it is not possible for a person to be an organ donor, many can still be cornea and tissue donors.

Dydy oedran, salwch neu gyflyrau hirdymor ddim yn eich atal chi rhag cofrestru fel rhoddwr organ a meinwe.

Bydd gweithwyr gofal iechyd proffesiynol yn gwneud popeth i geisio achub eich bywyd chi yn gyntaf, cyn meddwl am roi organau.

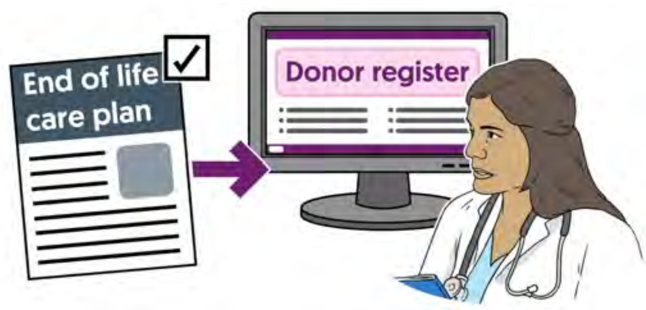
Dim ond pan fydd cynllunio **gofal diwedd oes** wedi dechrau y bydd gweithwyr gofal iechyd proffesiynol yn edrych ar roi organau.

Dyma pryd mae'n sicr eich bod am farw neu eich bod chi eisoes wedi marw ond mae peiriannau'n cadw eich corff yn fyw.

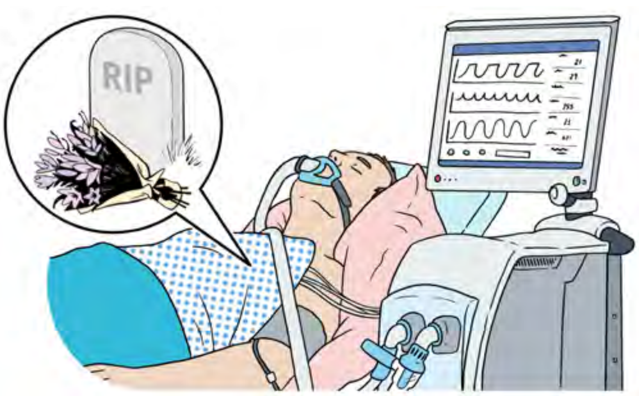


Age, illnesses or long term conditions do not stop you from registering as an organ and tissue donor.

Healthcare professionals will try everything to save your life first, before looking at organ donation.



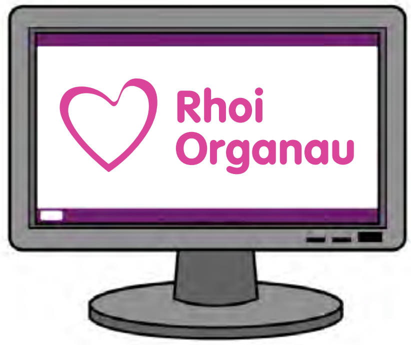
Only when **end of life care** planning is started will healthcare professionals look into organ donation.



This is when it is certain that you are going to die, or you have already died but machines are keeping your body alive.

Gwybodaeth

Y ffordd gyflymaf o gofnodi neu newid eich penderfyniad am roi organau ydy drwy fynd i'n gwefan:
www.organdonation.nhs.uk



Neu drwy ein ffonio ni ar:
0300 123 23 23

Yng Nghymru, gallwch chi hefyd gofnodi neu newid eich penderfyniad drwy ddefnyddio Ap GIG Cymru ar eich ffôn neu dabled.

Neu gallwch chi ysgrifennu atom yn:
FREEPOST RUGY-REAK-HCTR
NHS Blood and Transplant
NHS Organ Donor Register
500 North Bristol Park
Bristol BS34 7QH

Information

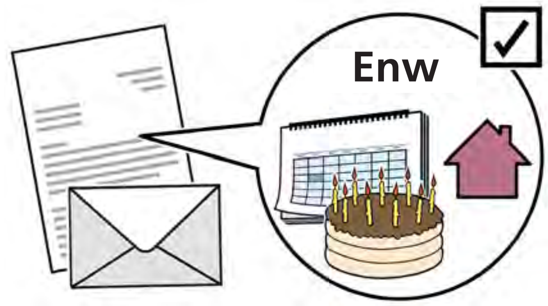
The quickest way to record or change your organ donation decision is by visiting our website: **www.organdonation.nhs.uk**

Or by calling us on: **0300 123 23 23**

In England, you can also record or change your decision using the NHS app on your phone or tablet.

Or you can write to us at:
FREEPOST RUGY-REAK-HCTR
NHS Blood and Transplant
NHS Organ Donor Register
500 North Bristol Park
Bristol BS34 7QH

Os byddwch chi'n ysgrifennu atom ni, rhowch eich enw llawn, eich dyddiad geni a'ch cyfeiriad yn eich llythyr.

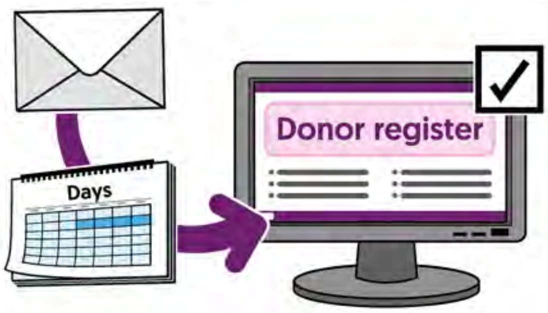


Ar ôl i ni gael eich llythyr, efallai y bydd yn cymryd ychydig ddyddiau i ni ddiweddaru'r gofrestr gyda'ch penderfyniad.

Os ydych chi eisiau dewis rhywun i'ch cynrychioli, gallwch chi ysgrifennu atom, neu gallwch chi lawrlwytho'r ffurflen Penodi cynrychiolydd oddi ar:
www.organdonation.nhs.uk

Chi sydd i ddewis ydych chi eisiau rhoi organau neu beidio. Ac mae'n bwysig dweud wrth eich teulu a'ch ffrindiau am eich penderfyniad.

If you write to us please put your full name, date of birth and address in your letter.



Once we get your letter, it may take a few days for us to update the register with your decision.

If you would like to choose someone to represent you then you can write to us, or you can download the Appoint a representative form from:
www.organdonation.nhs.uk

It is your choice if you want to be an organ donor or not. And it is important to tell your family and friends about your decision.

NHS
Blood and Transplant

Ydw rwy'n rhoi
RHOI ORGANAU

2425 0604 OLC292.3W

Yes I donate
ORGAN DONATION