



Allergic to Penicillin?

Only 1 in 10 people with a penicillin allergy on their medical records truly have an allergy.

The 9 out of 10 who are not truly allergic to penicillin may be at risk of harm from not being given a penicillin to treat their infection. This is because:

-  The alternative antibiotics we use for people with penicillin allergy may not work as well, and increase risks of developing side effects and difficult-to-treat infections.
-  People with penicillin allergy on their medical records spend longer in hospital, and need more medication to be given intravenously through a drip.
-  Penicillin allergy is lost over time, after 5 years 50% are resolved, increasing to 80% after 10 years.
-  Side effects like diarrhoea and nausea are not nice, but they are not allergies, and will usually pass once the course of treatment is finished.
-  Sometimes symptoms of the infection (e.g. rash) can be misinterpreted as an allergic reaction.

**Ask your healthcare professional
“Do I really have a penicillin allergy?”**





Alergedd i benisilin?

Dim ond 1 o bob 10 o bobl sydd ag alergedd i benisilin ar eu cofnodion meddygol sydd ag alergedd go iawn. Gall y 9 allan o 10 nad oes ganddynt alergedd i benisilin mewn gwirionedd fod mewn perygl o niwed o beidio â chael penisilin i drin eu haint. Mae hyn oherwydd:



Efallai na fydd y gwrthfotigau amgen rydyn ni'n eu defnyddio ar gyfer pobl sydd ag alergedd i benisilin yn gweithio cystal, a gallent gynyddu'r risg o ddatblygu sgil-ffeithiau a heintiau sy'n anodd eu trin.



Mae pobl sydd ag alergedd i benisilin ar eu cofnodion meddygol yn treulio mwy o amser yn yr ysbyty, ac mae angen rhoi mwy o feddyginiaeth yn fewnwythiennol drwy ddrip.



Mae alergedd i benisilin yn diflannu dros amser, ar ôl 5 mlynedd mae 50% yn cael gwared ar yr alergedd, gan gynyddu i 80% ar ôl 10 mlynedd.



Nid yw sgil-ffeithiau fel dolur rhydd a chyfog yn ddymunol, ond nid ydynt yn alergeddau, a byddant fel arfer yn diflannu unwaith y bydd y cwrs triniaeth wedi dod i ben.



Weithiau gellir camddehongli symptomau'r haint (e.e. brech) fel adwaith alergaidd.

Gofynnwch i'ch gweithiwr gofal iechyd proffesiynol “Oes gen i alergedd i benisilin mewn gwirionedd?”

