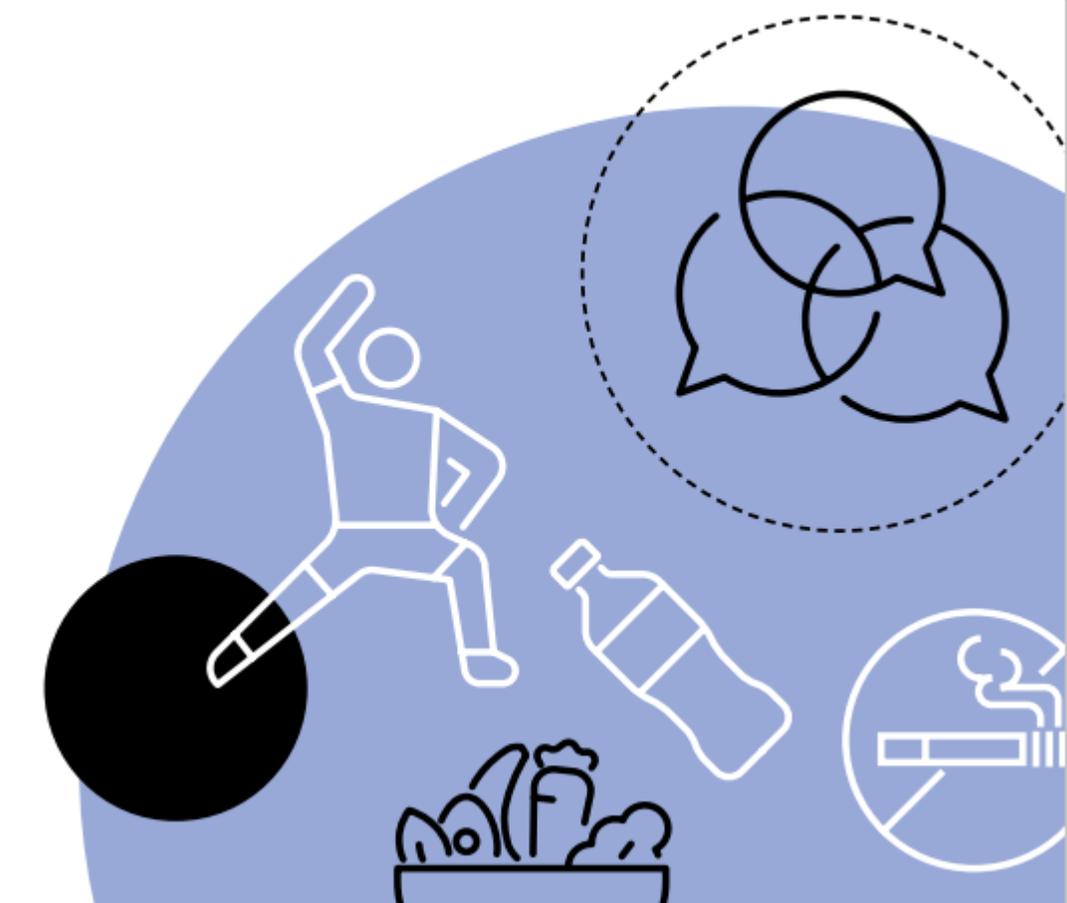


Preparing for Treatment / Paratoi ar gyfer Triniaeth

The thought of starting treatment can be daunting, but there are things you can do to help you get ready. Preparing your body can improve your tolerance to treatment and help you recover faster. This leaflet contains 10 simple tips that can help improve your health in the run-up to starting your treatment.

Gall meddwl am ddechrau triniaeth fod yn frawychus, ond mae yna bethau y gallwch chi eu gwneud i'ch helpu i baratoi. Gall paratoi eich corff wella eich goddefgarwch i driniaeth a'ch helpu i wella'n gyflymach. Mae'r daflen hon yn cynnwys 10 awgrym syml a all helpu i wella'ch iechyd yn y cyfnod cyn dechrau eich triniaeth.





Keep active / Cadwch yn Egniol

Aim to do: / **Anelwch at wneud:**

150 mins of moderate intensity physical activity per week (e.g., brisk walking, cycling, swimming)

150 munud yr wythnos o weithgaredd corfforol o ddwysedd cymedrol (e.e., cerdded yn gyflym, beicio, nofio).

PLUS / **HEFYD**

2 days per week do activities that build strength (e.g., gym, yoga, tai chi)
dwu waith y wythnos gweithgareddau sydd yn adeiladu chryfder (e.e., defnyddio campfa, ioga, tai chi).

Find out more by visiting <https://www.nhs.uk/live-well/exercise> or scan the QR code

Darganfyddwch fwy trwy fynd i <https://www.nhs.uk/live-well/exercise> neu sganio'r cod QR.



Eat regularly throughout the day / Bwytwch yn reolaidd trwy'r dyed

Aim for smaller portions, more often. Try having a small meal or snack every 3-4 hours.

Dylech anelu at fwyta dogneau llai, yn amlach. Ceisiwch gael pryd bach neu fyrbryd bob 3-4 awr.



Include protein in your diet / Cynhwyswch brotein yn eich deiet

Protein is the body's main building block and is needed to maintain and build muscle and help with wound healing.

Protein yw prif floc adeiladu'r corff ac mae ei angen i gynnal ac adeiladu cyhyrau a helpu i wella clwyfau.

Include a portion of meat, fish, eggs, dairy products, plant-based alternatives, pulses, or nuts with every meal.

Dylech gynnwys dogn o gig, pysgod, wyau, cynhyrchion llaeth, dewis amgen sy'n seiliedig ar blanhigion, corbys neu gnau gyda phob pryd bwyd.



Choose a wide range of foods / Dewiswch ystod eang o fwydydd

Diets that cut out whole food groups can deny your body of nutrients and limit your choice. Aim to eat foods of all different colors to get more vitamins and minerals.

Gall deiet nad yw'n cynnwys grwpiau bwyd cyfan wadu eich corff o faetholion a chyfyngu ar eich dewis. Anelwch at fwyta bwydydd o bob lliw gwahanol i gael mwy o fitaminau a mwynau.

Find out more about the different food groups by visiting: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide> or by scanning the QR code.

Darganfyddwch fwy am y grwpiau bwyd gwahanol trwy fynd i:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/> neu trwy sganio'r cod QR.



Drink plenty of fluid / Yfwch ddigon o hylif

Aim to drink 6-8 glasses of fluid a day. Fluids include water, squash, fruit juices, soft drinks, or hot drinks.

Anelwch at yfed 6-8 gwydraid o hylif y dydd. Mae hylifau yn cynnwys dŵr, sgwash, sudd ffrwythau, diodydd ysgafn, neu ddiodydd poeth.



Limit alcohol intake / Ceisiwch gyfyngu ar alcohol

Aim for no more than 14 units per week. 14 units are equal to 6 medium glasses of wine or standard strength pints of lager. Make sure you also take some alcohol-free days.

Anelwch at ddim mwy na 14 uned yr wythnos. Mae 14 uned yn hafal i 6 gwydraid canolig o win neu beint cryfder safonol o lager. Gwnewch yn siŵr eich bod chi hefyd yn cael rhai diwrnodau di-alcohol.

Reduce or try to quit smoking / Ceisiwch leihau neu roi'r gorau i smygu

The sooner you stop smoking before your treatment, the better.

Gorau po gyntaf y byddwch yn rhoi'r gorau i smygu cyn eich triniaeth.

Find out what support is available by visiting <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/> or scanning the QR code.

Darganfyddwch pa gymorth sydd ar gael trwy fynd i <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/> neu sganio'r cod QR.



Manage your energy levels / Dylech reoli eich lefelau egni

You may feel more tired than usual. Make sure you are getting the best sleep possible and pace your activities throughout the week.

Efallai y byddwch chi'n teimlo'n fwy blinedig nag arfer. Gwnewch yn siŵr eich bod yn cael y cwsg gorau posibl a cheisiwch bwylo wrth wneud eich gweithgareddau trwy gydol yr wythnos.

Find out more by visiting <https://www.rcot.co.uk/conserving-energy> or by scanning the QR code.

Darganfyddwch fwy trwy fynd i <https://www.rcot.co.uk/conserving-energy> neu sganio'r cod QR.



Make time for things you enjoy / Gwnewch amser ar gyfer y pethau rydych chi'n eu mwynhau

Things that give you a sense of success and enjoyment can help you feel more like yourself in times of stress or uncertainty. Try to keep up with your hobbies, whether that's an exercise class, reading, crafts, or meeting up with friends.

Gall pethau sy'n rhoi ymdeimlad o lwyddiant a mwynhad i chi eich helpu i deimlo'n fwy fel eich hun yn ystod cyfnodau o straen neu ansicrwydd. Ceisiwch ddal ati gyda'ch hobiau, boed hynny'n ddsbarth ymarfer corff, darllen, crefftau, neu gyfarfod â ffrindiau.



Ask questions / Gofynnwch gwestiynau

Your healthcare team is there to support you. Let them know if you have any worries about your health or treatment. Always ask for more information if something doesn't make sense to you.

Mae eich tîm gofal iechyd yno i'ch cefnogi. Rhowch wybod iddynt os oes gennych unrhyw bryderon am eich iechyd neu driniaeth. Gofynnwch am ragor o wybodaeth bob amser os nad yw rhywbeth yn gwneud synnwyr i chi.

