Nodiadau Sgrinio ar gyfer ymweliad asesu Biobanc y DU
(o flaen camau cydsynio)

Nod Biobanc y DU yw sefydlu adnodd er mwyn cefnogi ystod eang o ymchwil er mwyn gwella ataliad, diagnosis a thriniaeth clefydau, a hyrwyddo iechyd ar draws cymdeithas.

Bydd cymryd rhan ym Miobanc y DU yn cynnwys:

- Ateb rhai cwestiynau ar eich iechyd, ffordd o fyw, cof, gwaith a hanes teuluol.

- Mesur pwysau gwaed, cyfradd curiad y galon, taldra, pwysau, braster corfforol, cryfder gafael, *dwysedd esgyrn*, a swyddogaeth yr ysgyfaint *mewn modd anymledol*.

- Rhoi samplau bach o waed (tua 3 llwyaid) ac wrin er mwyn eu cadw am gyfnod hir a'u dadansoddi (gan gynnwys data genetig).

- Derbyn ychydig o wybodaeth am y canlyniadau allweddol ar ddiwedd *yr* ymweliad, er nad "ymweliad â'r doctor" mo hwn. (Ni fydd yr un o'ch canlyniadau unigol yn cael eu rhyddhau i'ch meddyg na neb arall.)

- Cytuno i ganiatáu inni ddilyn eich iechyd yn uniongyrchol *am nifer o flynyddoedd* trwy *eich* cofnodion iechyd a chofnodion eraill a allay fod yn gysylltiedig â'ch iechyd (e.e. *gwybodaeth* alwedigaethol *a phreswyl*) am sawl blwyddyn. Cedwir pob gwybodaeth o'r fath yn hollol gyfrinachol.

- Cael cysylltiad arall â ni mewn blynyddoedd i ddod er mwyn ateb rhai cwestiynau ychwanegol a/neu ymweliad arall (a allai gynnwys rhagor o gwestiynau, mesur neu samplau), er y byddai *hyn* yn hollol ddewisol.

Os na theimlwch yn hapus i ateb rhai cwestiynau, yna does dim rhaid i chi eu hateb. Yn yr un modd, os na ddymunwch gael rhai o'r mesuriadau iechyd, neu roi sampl wrin, yna dywedwch wrth staff y ganolfan.

Serch hynny, mae angen eich cydsyniad er mwyn cymryd sampl gwaed i'w gadw, ac er mwyn unrhyw brofion y gellid eu gwneud ar gyfer ymchwil gymeradwy. Yn ogystal, mae angen eich cydsyniad er mwyn cael mynd at eich cofnodion meddygol a chofnodion eraill cysylltiedig â'ch iechyd *a'u cadw* dros sawl blwyddyn (hyd yn oed ar ôl analluogrwydd neu farwolaeth). Felly os na ddymunwch gytuno i'r rhannau hyn o'r astudiaeth, ni chewch ymuno.

Dros y blynyddoedd nesaf, gwneir ystod o brofion ar eich samplau gwaed ac wrin gan ymchwilwyr meddygol cymeradwy o'r DU a thramor (gan gynnwys cwmnïau masnachol). Ond ni roddir adborth ar ganlyniadau'r profion hyn i chi, eich meddygon, na neb arall. Felly ni *ddylai* cymryd rhan effeithio ar hyn sydd yn digwydd i chi'n uniongyrchol, neu achosi'r un niwed i chi.

Cyn i chi benderfynu a fyddwch yn ymuno, mae'n bwysig eich bod yn deall yr hyn a ofynnir: os oes unrhyw beth yn aneglur, neu pe carech fwy o wybodaeth, mynnwch air ag aelod o'r staff.

Screen notes for UK Biobank assessment visit (prior to consent procedures)

The purpose of UK Biobank is to set up a resource that can support a diverse range of research intended to improve the prevention, diagnosis and treatment of illness, and the promotion of health throughout society.

Taking part in *UK Biobank* involves:

- Answering some questions on your health, lifestyle, memory, work and family history.
- Having *non-invasive* measurements of blood pressure, pulse rate, height, weight, body fat, grip strength, *bone density* and lung function.
- Giving small samples of blood (about 3 tablespoons) and urine for long-term storage and analysis (including genetic data).
- Receiving information about the key results *of your measurements (see above)* at the end of *the* visit, although it is not intended to be a "health check". (None of your individual results will be released to your doctor or anyone else.)
- Agreeing to allow your health to be followed directly *by us for many years* through *your* medical *records* and other records *that may be related to your health* (e.g. occupational *and residential information*). All such *data* would be held in strict confidence.
- Being re-contacted by us in later years *(e.g.* to answer some additional questions and/or attend another visit*),* although *this* would be entirely optional.

If you feel uncomfortable about answering certain questions then you do not need to answer them. Similarly, if you do not want to have certain of the health measures, or to give a urine sample, then tell the centre staff.

We do, however, need your agreement to take a blood sample for storage and any tests that might be done for approved research. Also, we need your permission to access *and store* your medical and other health-related records for many years (even after incapacity or death). So, if you don't wish to agree to these parts of the study, you will not be able to join.

Over the coming years, a very wide range of tests would be done on your blood and urine samples by approved researchers from the UK and elsewhere (including commercial companies). But, none of these test results would be fed back to you, your doctors or anyone else. So, taking part *should* not directly affect what happens to you or cause you any harm.

Before you decide whether to join, it is important that you understand what is involved: if anything is not clear, or you'd like more information, please talk to a member of staff.