medical scrub trouser make plan

09/04/2020

Materials

- 1m 60cm of 145cm wide fabric
- 1 reel thread cotton / polyester
- A4 printer paper (size s-m = 16pages | l-xl = 20pages per pattern)
- Tape

Equipment

- Scissors
- Pins
- Chalk or pen
- Sewing machine
- Iron
- Printer

Step 1 - printing the pattern.

Test your printer settings.

Download and print the test-square-10cmx10cm.pdf and print to test your printer settings. Measure the edge of the square if 10cm each side the printer is set up correctly and you can see the marks on the edge.

If Correct

Now you can print the pattern using the same printer settings as the correct test square.

If Incorrect

Check your printer settings ensure the following.

-scale is set to actual size or an equivalent option

-printing in portrait
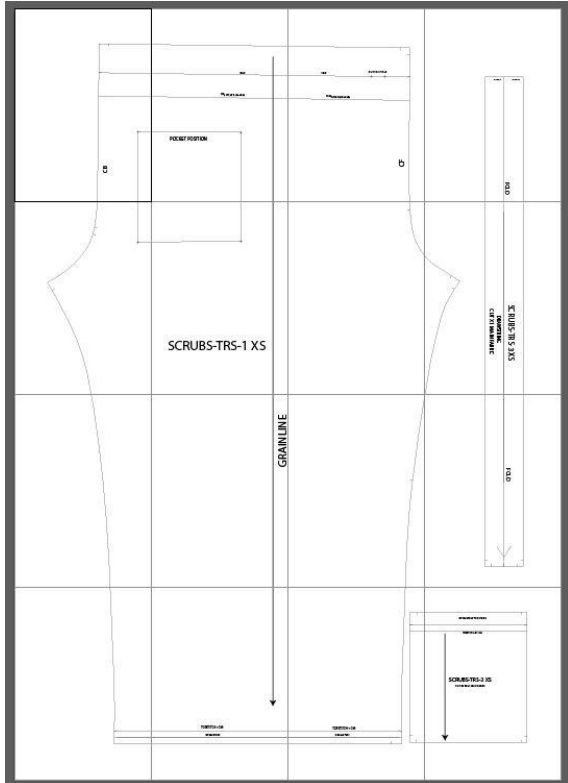
-ensure that your margins are turned off.

-ensure printing on entire page

Once changed re-print the test square and measure ensuring 10cm each side. Once correct then print the pattern ready for making.
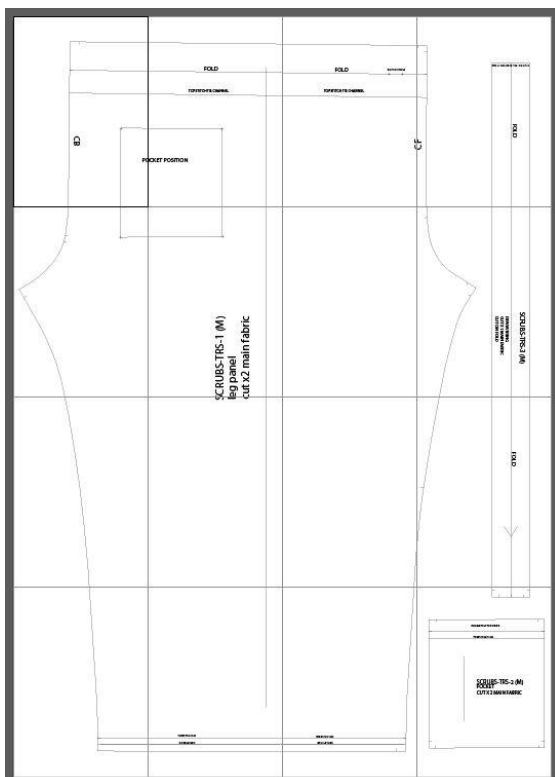
Step 2 – Assemble pattern

Using the marks on the edge of the paper line up and stick the pattern to make 1 large sheet of paper. Cut out your pattern pieces (three in total).
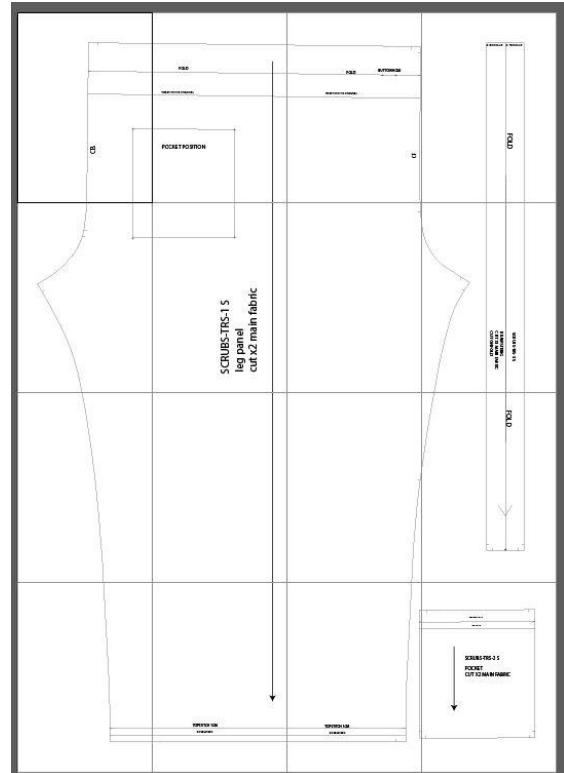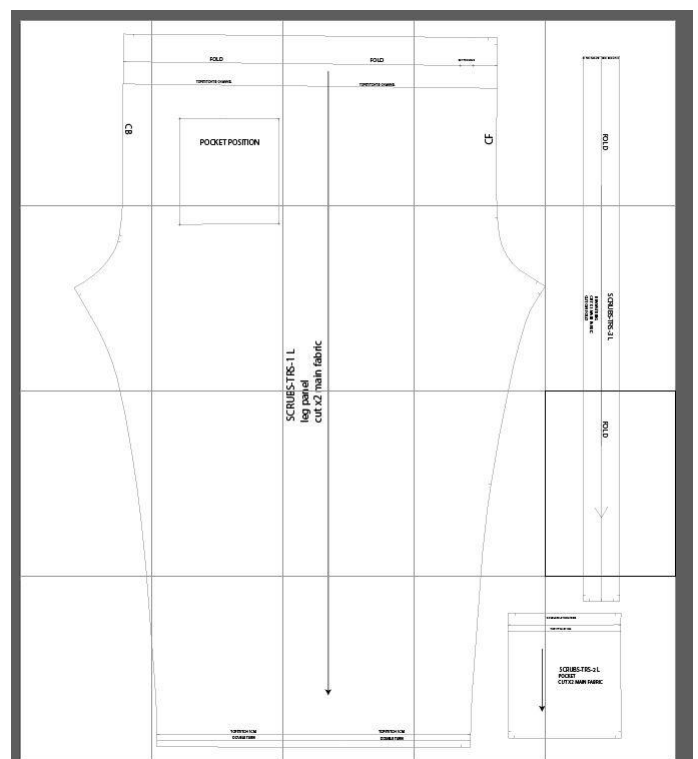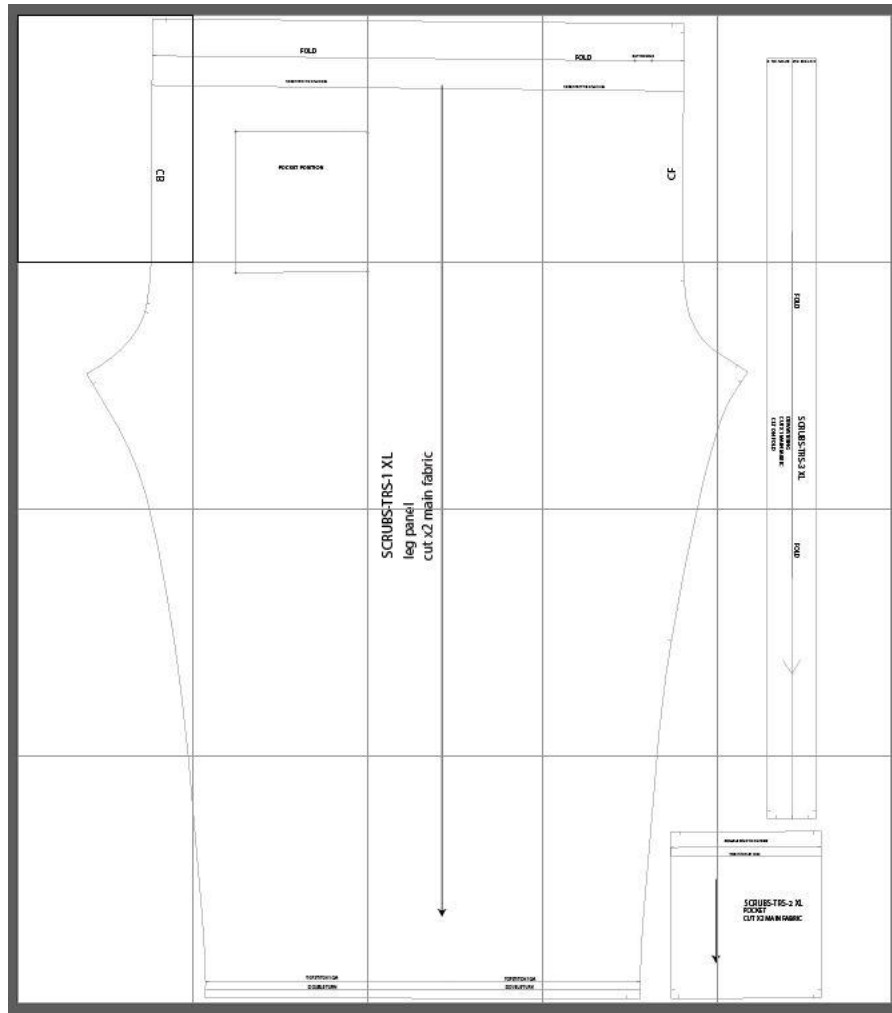
SCRUBS-TROUSERS-SIZE-XS

SCRUBS-TROUSERS-SIZE-S

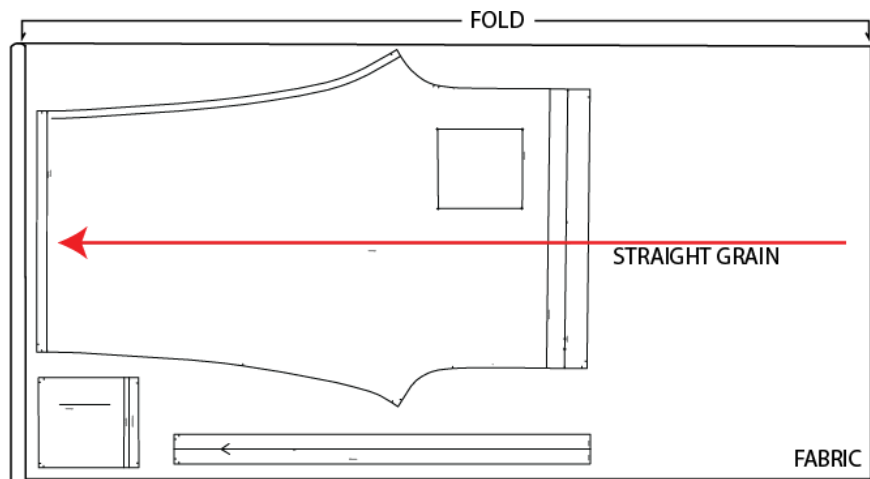

SCRUBS-TROUSER-SIZE-M

SCRUBS-TROUSER-SIZE-L

SCRUBS-TROUSERS-SIZE-XL

Step 3 – Layplan

Take your fabric and fold in half and arrange the pieces as the image below or best to fit the fabric without unnecessary waste. It should look similar to the below image depending on the width of the fabric you are using.

Once the pattern is cut you can transfer the pocket marking to the cloth and cut all notches and reference points.
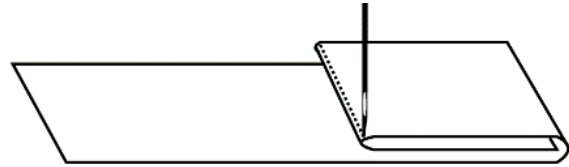
Step 4 – Sew the hems

Using the iron turn up the trousers twice at the 1cm notches you have just cut and sew at 1cm from the edge of the cuff.

Step 5 – Pockets

Take the pockets and press the top edge 1cm and then a further 1cm to create a double turn onto the outside of the pocket. Stitch along the bottom edge of the fold that you have just created (as image right).

Press the remaining raw edges of the pocket in by 1cm. First the bottom then the sides. Line up on your markings and edge stitch the pocket in place. Ensuring both pockets are on the outside of the garment.

Step 6 – Inside leg seam

Sew the inside seams together creating 2 legs (at 1.5cm seam allowance) separate legs and press both seam allowances towards the back. Trim 0.5cm from the top seam allowance and using the iron encase the short seam allowance (now 0.5cm) with the long seam allowance still 1.5cm. Turn the seam so this can be edge stitched from top to bottom ensure that both seams are pressed now onto the front leg (the front side has a shorter crotch curve length).

Step 7 – Drawstring

Fold the pattern piece in half and sew the long edges together and turn through. Press flat so the seam is at one edge all the way down creating a tape to go inside the waistband. Turn and close the ends and press.

Step 7 – Buttonholes

Using a domestic machine with buttonhole function add a button holes to the marked position on the top edge of the trouser panel. Cut open the button holes while the trouser is still semi-flat.

Step 7 – Crotch

Sew the crotch together nice sides together at 1.5cm seam allowance. Press both seams in one direction and trim the top seam allowance to 0.5cm. Encase the shorter seam allowance with the longer one and press and edge stitch the seam flat and press.

Step 8 – Waistband

Cut the buttonholes and using an iron fold the top edge in by 1cm all around. Then fold in another 3cm all around and edge stitch the bottom edge of the waistband into place. Take a safety pin and insert into one end of your drawstring tape. Push through the waistband until you have the drawstring through both buttonholes.