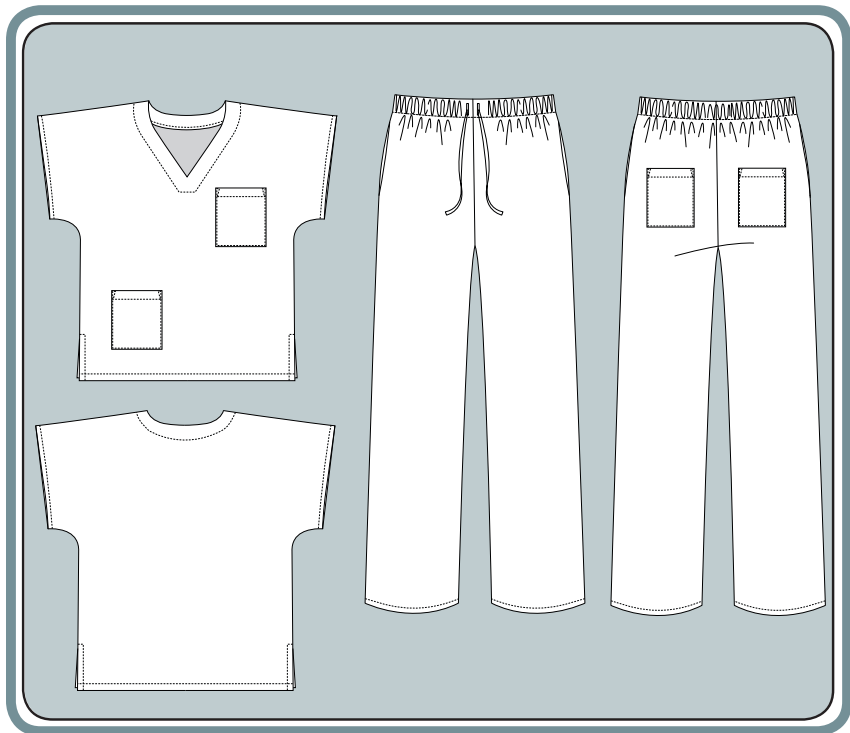


Sew Me Something

Free Scrubs Pattern



Scrubs Top with a grown on sleeve, 2 pockets, side vents and a stitched down facing.

Scrubs Trousers with side seam pockets, back patch pockets and a drawstring waist.

Sizes S - XXL



Beginners Plus

www.sewmesomething.co.uk

You will Need:

Fabrics & Quantities

Any polycotton or cotton fabric that can withstand washing at 60 degrees.

Seam allowances of 1.5cm are included in the pattern.

All Sizes Require:

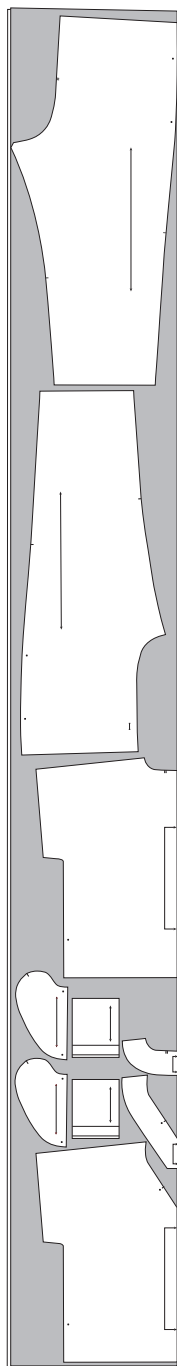
Fabric 112cm wide4.5m

Iron - on Interfacing . . . enough to cut the front and back neck facing. Use scraps if you can.

Keep your off-cut fabric as you can make bias strips to create the drawstring at the trouser waist.

Layplan All Sizes

Fold

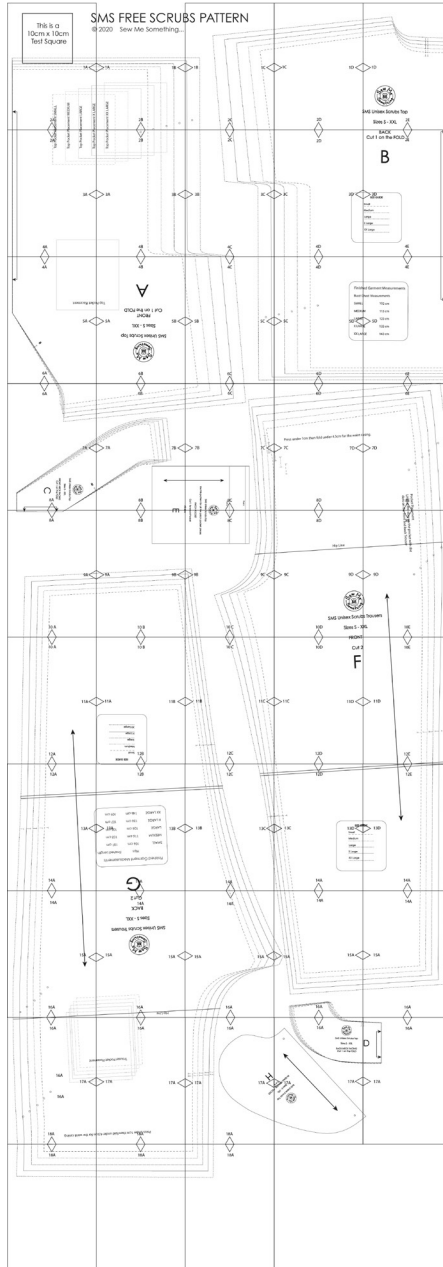


TOP

All measurements are in centimeters

SIZE	S	M	L	XL	XXL
CHEST	102	112	122	132	142
FINISHED LENGTH	62	64	66	68	70
TROUSERS					
HIPS	106	116	126	136	146
FINISHED LENGTH	101	103	105	107	109

PDF Pattern Layout



Let's Get Sewing

A Bit of Prep

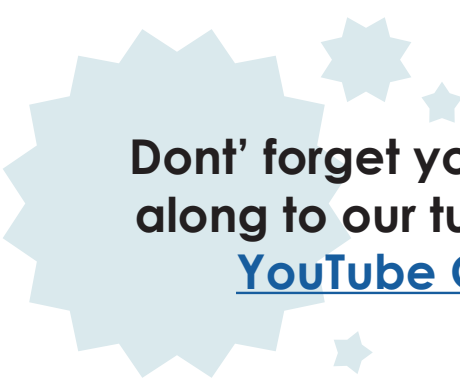
Cut all your pattern pieces out in your fabric, including the interfacing. Transfer all pattern markings onto your fabric.

Attach the interfacing to the front and back neck facing pieces.

Making the Top

- 1 Sew the front neck facing to the back neck facing across the shoulder seams. Open and press flat.
- 2 Neaten the outer edge of the facing all the way around. Sew the front top to the back top across the shoulder seams. Neaten the seam closed and press to one side.
- 3 Pin the facing with the RS down onto the RS of the top around the neckline. Match up CF, CB and any notches. Sew around the neckline.
- 4 Trim the seam and clip into the curves. Snip into the CF V shape.
- 5 Pull the facing away from the top and understitch through the seam allowance and the facing.
- 6 Tuck the facing back inside the garment and press.
- 7 Top-stitch the facing in place by sewing 4 cm away from the finished neck edge.
- 8 Make up the pockets by folding under 1 cm across the top edge along the first fold line and pressing in place.
- 9 Fold the pocket top back to the RS along the second fold line and sew across the short edges of the newly created pocket facing.

- 10 Turn through to the RS and press the top edge flat, making sure the corners are turned through correctly. Press under the rest of the seam allowance of the pocket, creating mitred corners at the bottom corners. Top stitch across the pocket top to hold the facing in place.
- 11 Position onto the top following the pocket placement lines. Sew in place making sure to reinforce the top corners of the pockets.
- 12 Press under 1cm along the sleeve edge and then press under another 1.5cm. Top stitch in place.
- 13 Neaten each side seam separately, and then across the hem.
- 14 With the RS together sew the side seams finishing on the small dot.
- 15 Press the seam open as far as you can, and continue to press the seam allowance down to the hem to create the side vent. Top stitch around the side vent, making sure to sew a bar tack at the top of the vent to secure it.
- 16 Press up 1cm then press up 1.5cm across the hem and top stitch in place.
- 17 On the sleeve edge, fold both seam allowances to one side and sew a bar tack through the seam allowances and the top to keep them secure.



**Don't forget you can follow
along to our tutorial on our
[YouTube Channel](#)**

Making the Trousers

- 18 With RS together sew around the crotch of the trouser fronts, neaten the seam together and press to one side. Do the same with the trouser backs.
- 19 Make up the patch pockets in the same way as for the Top and attach them to the trouser back using the same method as for the top following the pocket placement lines.
- 20 With the RS together pin the inseam pocket pieces to the front and back trouser sections matching up the small dots. Sew with a 1cm seam allowance. Neaten across the pocket and trouser seam only.
- 21 Pull the pocket away from the trouser and understitch through the pocket and seam allowance.
- 22 Place the front and back trousers together with the RS facing each other. Line up the inseam pocket bags and pin. Sew from the waist to the hem, pivoting at the small dots to sew around the pocket bag. Neaten the whole seam.
- 23 Sew two buttonholes where marked at the CF.

Fold under 1cm around the waist and press. Then fold under again by 4cm and press in place. Sew around the bottom edge to create the waist casing.
- 24 Finish the hem by turning up 1cm then another 1.5cm and top stitching in place.
- 25 From the scraps of fabric cut enough bias strips 6.5cm wide to create the drawstring that is approximately 1.5m long.
- 26 Join the bias strips and fold the edges in to the middle. Fold in half and sew along the length to create the drawstring tape. Neaten the ends. Thread the drawstring tape through the waist and give everything a good press.

**Thank you for supporting our NHS.
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