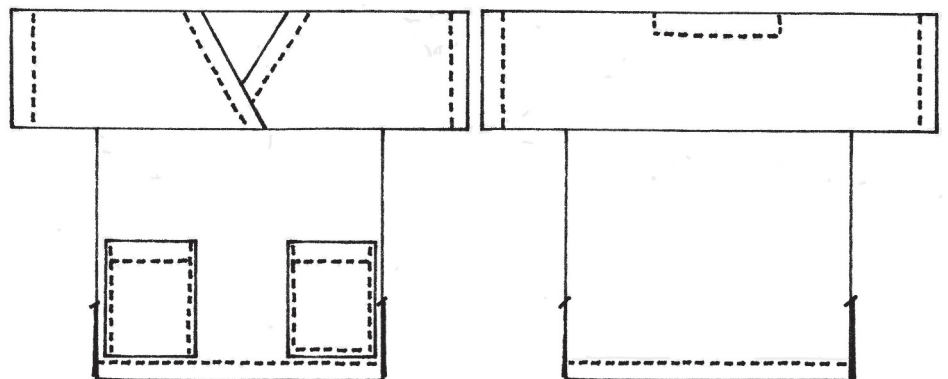
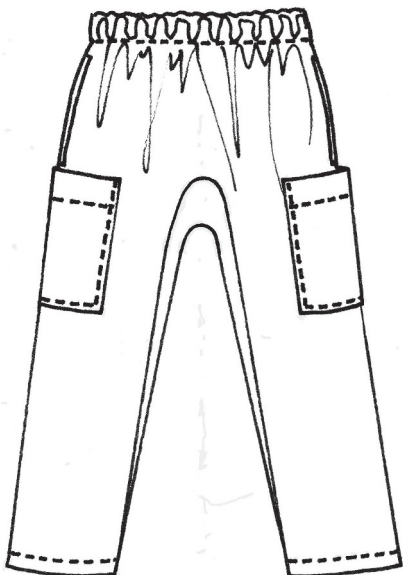


Scrubs

A set of hospital scrubs for men or women. The top has an easy-to-sew V neck and patch pockets. The trousers have a gusset, in-seam pockets and patch pockets. The pattern can potentially be zero waste if multiple garments in a range of sizes are cut together, since all the pattern pieces are rectangular.



General instructions

Can I share this pattern?

Yes, this pattern is for use under a Creative Commons Attribution 4.0 license and can be freely shared, adapted and improved upon. It can be used to make garments for commercial gain.

Requirements

Fabric: poly/cotton or 100% cotton fabric. Suitable fabrics include poplin and lightweight drill. Choose fabric that's not too thin or too thick, and not see-through.

Due to the orientation of the front yokes, use fabric that's the same on both sides, or cut 2 tops and flip the yokes to create a pair.

Any width fabric can be used - 112cm (44"), 150cm (60"), wider, narrower or a bed sheet. The pattern pieces are all rectangular and easy to move around to fit together.

Prewash the fabric in HOT water and dry in a dryer or the sunshine before cutting out.

A guide to fabric quantity: a women's size 8 set takes 276cm (109") of 112cm (44") wide fabric, and a size 16 set takes 326cm (128"). Trousers on their own take 224cm (88").

Notions: 2cm ($\frac{3}{4}$ ") wide elastic and/or drawcord for the trousers waist, sewing thread.

Sizes

This pattern relies on two body measurements for size: a bust/chest measurement for the top and hips/seat for the trousers. For pattern writing clarity, sometimes a size is referred to from the chart below, which is roughly equivalent to Australian women's ready-to-wear sizes. However, scrubs are shapeless garments and are forgiving in their size.

The trousers are unisex. The top has some differences for men and women and these are noted in the instructions.

	8	10	12	14	16	18	20	22	24	26	28
Bust/ chest	87 34 $\frac{1}{4}$ "	92cm 36 $\frac{1}{4}$ "	97cm 38 $\frac{1}{4}$ "	102cm 40 $\frac{1}{8}$ "	107cm 42 $\frac{1}{8}$ "	112cm 44"	117cm 46"	122cm 48"	127cm 50"	132cm 52"	137cm 54"
Waist	69cm 27 $\frac{1}{8}$ "	74cm 29 $\frac{1}{8}$ "	79cm 31"	84cm 33"	89cm 35"	94cm 37"	99cm 39"	104cm 41"	109cm 43"	114cm 45"	119cm 46 $\frac{7}{8}$ "
Hips/ seat	92cm 36 $\frac{1}{4}$ "	97cm 38 $\frac{1}{4}$ "	102 40 $\frac{1}{8}$ "	107cm 42 $\frac{1}{8}$ "	112cm 44"	117cm 46"	122cm 48"	127cm 50"	132cm 52"	137cm 54"	142cm 56"

Finished measurements

The **top** measures 67.3cm (26 $\frac{1}{2}$ ") long for women and 77.3cm (30 $\frac{1}{2}$ ") for men, but can be made longer or shorter.

There is 21cm (8 $\frac{1}{4}$ ") ease in the body.

The circumference of the women's sleeve measures, for sizes 8-16, 42 - 43.2 - 44.4 - 45.6 - 46.8cm (16 $\frac{1}{2}$ " - 17" - 17 $\frac{1}{2}$ " - 18" - 18 $\frac{1}{2}$ "), and 1.2cm ($\frac{1}{2}$ ") bigger for each size thereafter. Men's sleeves measure 5cm (2") more.

The sleeve length is 10cm (4") for women and 13.5cm (5 $\frac{1}{4}$ ") for men but can be made longer.

The **trousers** can be made to any length. There is 26cm (10 $\frac{1}{4}$ ") ease in the hips/seat.

Seam and hem allowances

All the seam and hem allowances are included. The seam allowance is **1cm** ($\frac{3}{8}$ "). The hem allowance is 2.5cm (1") for the top and 4cm (1 $\frac{1}{2}$ ") for the trousers.

Abbreviations

W/S and R/S are Wrong Side and Right Side.

CF and CB are Centre Front and Centre Back

Sewing techniques

Understitching is used on the facings to stop them from rolling to the right side. It's done after the seam has been sewn. Press the seam allowance towards the facing and stitch 2mm (a scant $\frac{1}{8}$ ") from the seamline.



Sew the **hems** using a double fold, rather than just overlocking and turning up once.

Pattern instructions

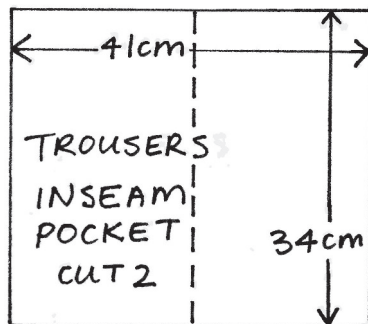
Pattern

The main pattern piece for the trousers is drawn straight on to the fabric.

The other pieces are shown below. All are rectangles (apart from the front yoke) and *could* be drawn straight onto the fabric, but making paper patterns first will help you place the pieces to the best advantage.

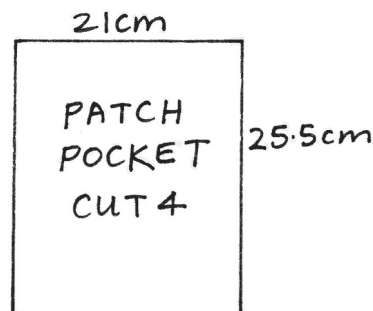
Trousers in-seam pocket

1. Draw a rectangle 41cm (16") **wide** by 34cm (13½") **deep**. Cut 2. The pattern may be cut in half along the dash line if it fits in the layout better.



Trousers and top patch pocket

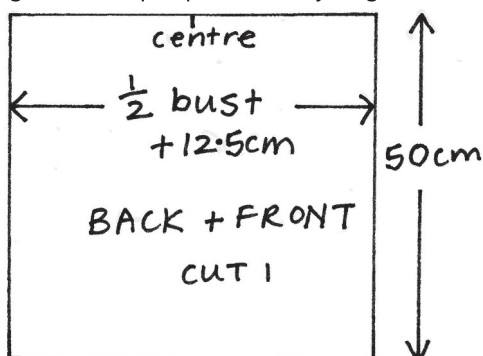
2. 21cm (8¼") **wide** by 25.5cm (10") **deep**. Cut 4 - two for the trousers and two for the top.



Top back/front

3. Make the **width** half the bust/chest measurement, plus 12.5cm (5"). For sizes 8-20 this is 56 - 58.5 - 61 - 63.5 - 66 - 68.5 - 71cm (22½" - 23½" - 24½" - 25½" - 26½" - 27½" - 28½").

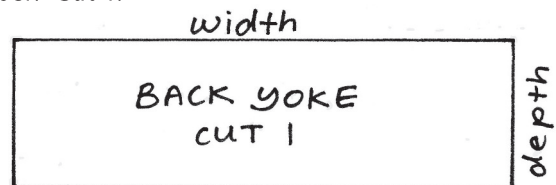
The **length** is 50cm (20"). For **men**, make the length 60cm (24"). I recommend adding 5cm-10cm (2"-4") extra length for tall people and very large sizes.



Top back yoke

4. Draw a rectangle. Make the **width** 20 cm (8") wider than the back/front. For **men**, make it 27cm (10¾") wider than the back/front. The extra width is for the sleeves; for women they're 10cm (4") long each and for men they're 13.5cm (5⅜") long each. If you want longer sleeves, add more onto each end of the yoke. You can add up to 8cm (3") more.

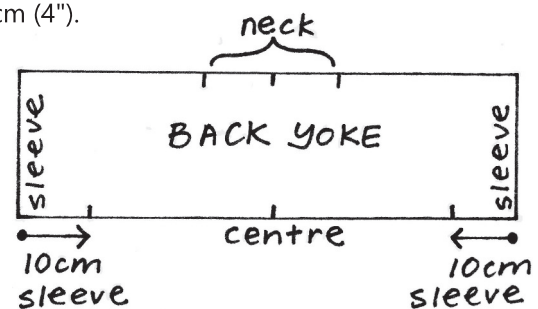
The **depth**, for sizes 8-20 is: 22 - 22.6 - 23.2 - 23.8 - 24.4 - 25 - 25.6cm (8¾" - 9" - 9¼" - 9½" - 9¾" - 10" - 10¼"). Keep adding 6mm (¼") for each size thereafter. For **men**, make the yoke 2.5cm (1") deeper. Cut 1.



5. Mark in some notches to help you sew:

✂ One in from each end for the sleeve length, which will be 10cm (4") for women and 13.5cm (5⅜") for men, or whatever length you decide.

✂ A notch each side of the centre for the neck position. For sizes 8-16 measure 9 - 9.3 - 9.6 - 9.9 - 10.2cm (3½" - 3⅝" - 3¾" - 3⅞" - 4") each side of the centre. For all bigger sizes, keep the measurement at 10.2cm (4").

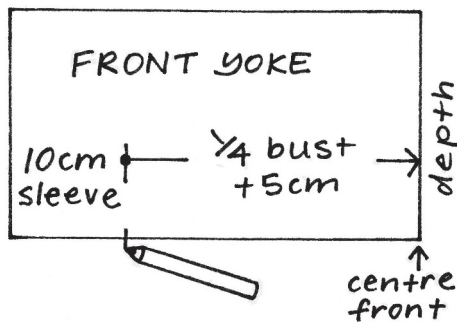


Top front yoke

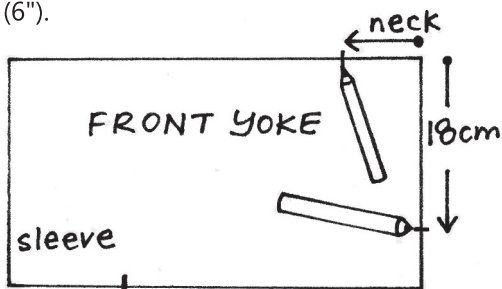
6. Draw a rectangle, half the **width** of the back yoke (ie quarter bust, plus 5cm (2"), plus 10cm (4") for the sleeve or 13.5cm (5 $\frac{3}{8}$ ") for mens sleeves).

The **depth**, for sizes 8-20 is: 24.5 - 25.1 - 25.7 - 26.3 - 26.9 - 27.5 - 28.1cm (9 $\frac{3}{4}$ " - 10" - 10 $\frac{1}{4}$ " - 10 $\frac{1}{2}$ " - 10 $\frac{3}{4}$ " - 11" - 11 $\frac{1}{4}$ "). Keep adding 6mm (1/4") for each size thereafter. For **men**, make the yoke 2.5cm (1") deeper.

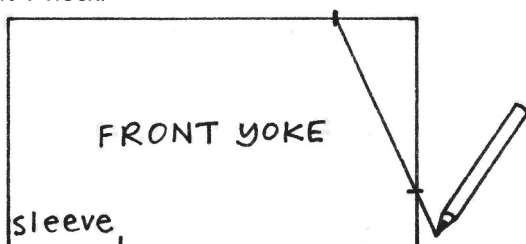
You'll notice that the front yoke is 2.5cm (1") deeper than the back yoke.



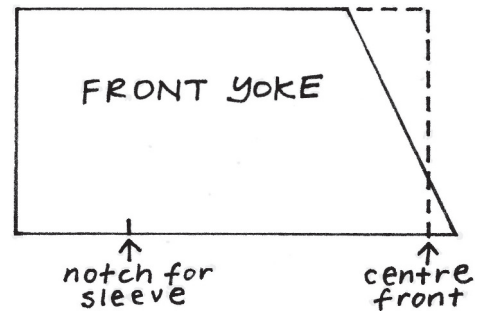
7. Measure *across* from the top right hand corner for the neck width. For sizes 8-16 measure 8 - 8.3 - 8.6 - 8.9 - 9.2cm (3 $\frac{1}{8}$ " - 3 $\frac{1}{4}$ " - 3 $\frac{3}{8}$ " - 3 $\frac{1}{2}$ " - 3 $\frac{5}{8}$ "). For all bigger sizes, keep the measurement at 9.2cm (3 $\frac{5}{8}$ "). Measure *down* 18cm (7") on the adjacent side for the neck depth (all sizes). If you want a higher neck, try 15.5cm (6").



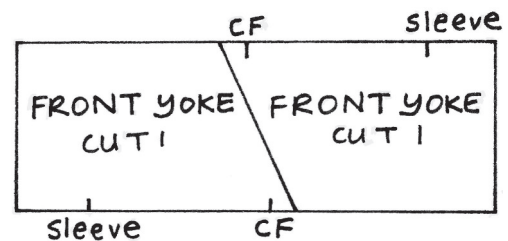
8. Join these two points and extend the line down to the full depth of the rectangle. This diagonal line is the front V neck.



9. Ensure you mark in notches for the sleeve and the centre front.



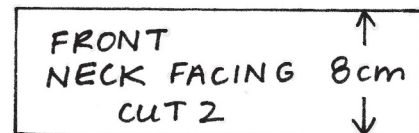
10. The front will be cut two together to make a rectangle. Note that this produces two front yokes that are the *same*, not paired, which is why fabric with the same right and wrong side is specified. If you're using fabric with one right side, cut 2 tops and flip the yokes to create paired front yokes.



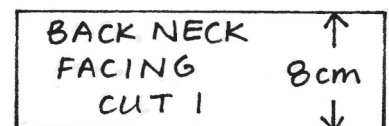
Neck facings

11. The front and back neck facings are strips cut 8cm (3") wide, but can be cut as narrow as 5cm (2"). If you're making lots of scrubs, cut a long strip and then cut them to length as needed.

Cut 2 front facings, length for sizes 8-20: 29 - 29.6 - 30.2 - 30.8 - 31.4 - 32 - 32.6cm (11 $\frac{1}{2}$ " - 11 $\frac{3}{4}$ " - 12" - 12 $\frac{1}{4}$ " - 12 $\frac{1}{2}$ " - 12 $\frac{3}{4}$ " - 13"). Keep adding 6mm (1/4") for each size thereafter. For **men**, cut them 2.5cm (1") longer.



Cut 1 back neck facing at 30cm (11 $\frac{3}{4}$ ") for all sizes.



Optional breast pocket

Often used on mens scrubs; may or may not be used on womens.

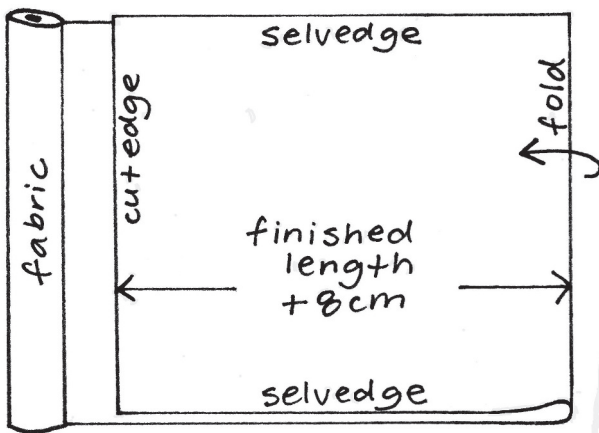
Cut a rectangle 15cm (6") wide and 19cm (7 $\frac{1}{2}$ ") deep. Cut 1.

Cutting instructions

Cut out the trousers first, drawing the main pattern piece straight onto the fabric. Cut the top and the trouser's details from the remaining fabric.

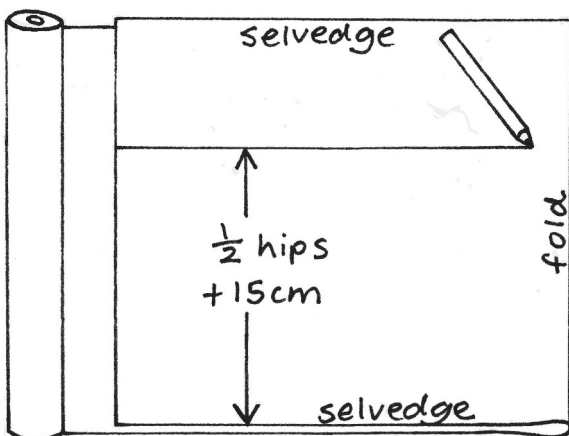
To cut the trousers

1. Cut one end of the fabric perfectly square, then fold the fabric right sides together. The double part needs to be the finished trousers length plus 8cm ($3\frac{1}{8}$ "). For a person of "average" height this totals 112cm (44"). Don't cut off the surplus fabric yet - just leave it.



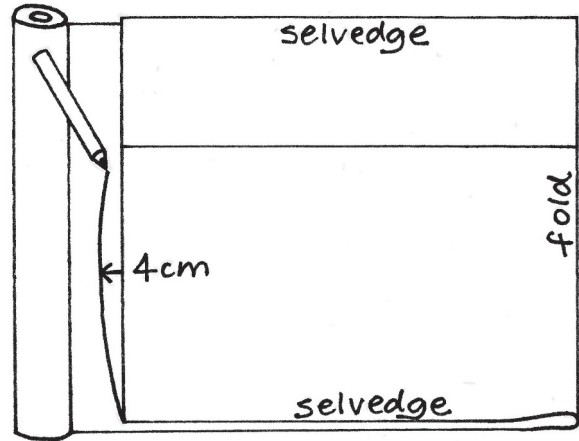
2. Using tailors chalk, draw in the **width** of the trousers. The selvedge can be used for one of the long sides if desired.

Make it half the hip measurement, plus 15cm (6"). For sizes 8-20 this is 61 - 63.5 - 66 - 68.5 - 71 - 73.5 - 76cm (24" - 25" - 26" - 27" - 28" - 29" - 30").

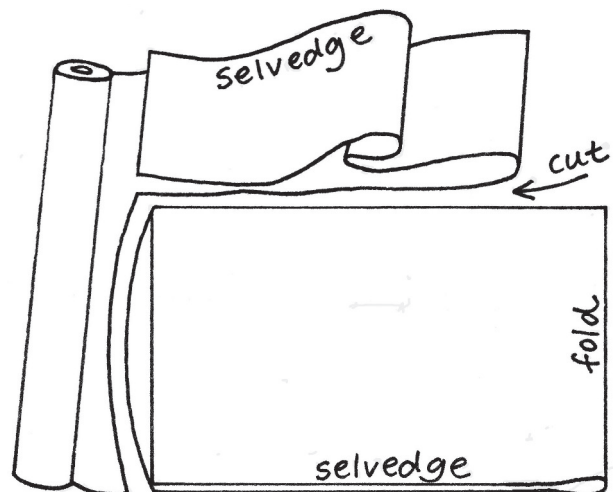


If you have 150cm (60") wide fabric, you could cut two pairs of trousers side by side. You could fit two size 18s, or a size 16 & 20, or a 14 & 22 etc.

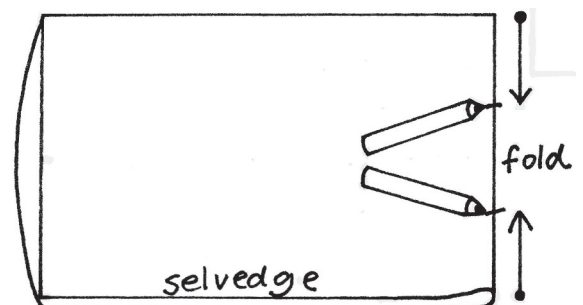
3. Draw in a higher back waist to improve the fit and make them more comfortable. Add 4cm ($1\frac{1}{2}$ ") to the centre and curve it back down to the sides (you're drawing on a single layer of fabric).



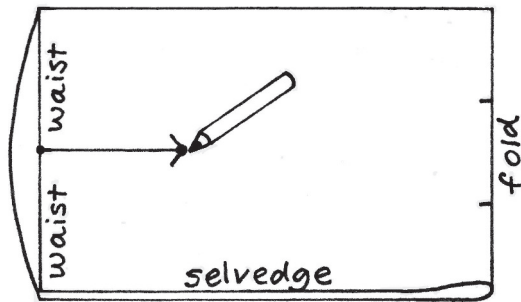
4. Cut away the excess fabric and keep it for cutting the rest of the scrubs.



5. Measure in each side for the ankles. For sizes 8-20 measure 23.4 - 24 - 24.6 - 25.2 - 25.8 - 26.4 - 27cm ($9\frac{1}{4}$ " - $9\frac{1}{2}$ " - $9\frac{3}{4}$ " - 10" - $10\frac{1}{4}$ " - $10\frac{1}{2}$ " - $10\frac{3}{4}$ "). Keep adding 6mm ($\frac{1}{4}$ ") for each size thereafter.

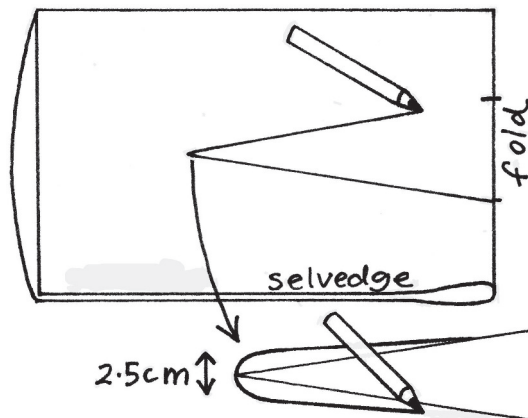


6. Measure from the waist, exactly in the centre, to find the crotch point. For sizes 8-20, measure down 32.7 - 33 - 33.3 - 33.6 - 33.9 - 34.2 - 34.5cm (12 $\frac{7}{8}$ " - 13" - 13 $\frac{1}{8}$ " - 13 $\frac{1}{4}$ " - 13 $\frac{3}{8}$ " - 13 $\frac{1}{2}$ " - 13 $\frac{5}{8}$ "). Keep adding 3mm ($\frac{1}{8}$ ") for each size thereafter.



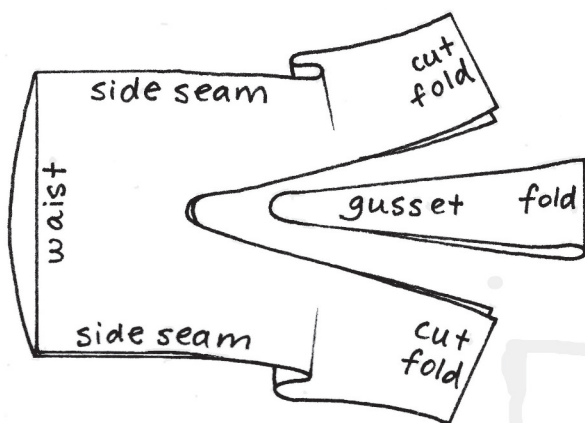
7. Connect the points to form a triangle, which will be used for the gusset.

At the apex of the triangle, change the point to a 2.5cm (1") wide curve, and blend the new line in about half way down the leg. This will make it far easier to sew and less of a stress point at the seat.



8. Cut out the gusset, but DO NOT cut through the gusset's fold.

Cut through the fold at the end of each leg.

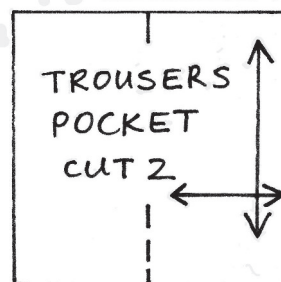
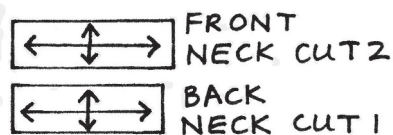
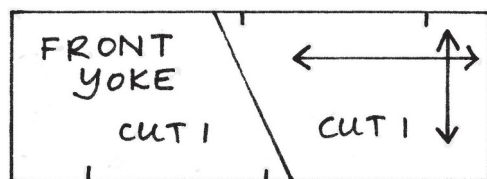
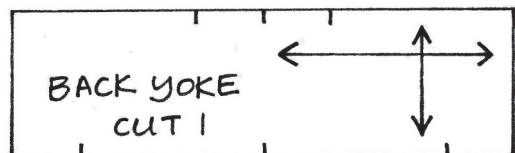
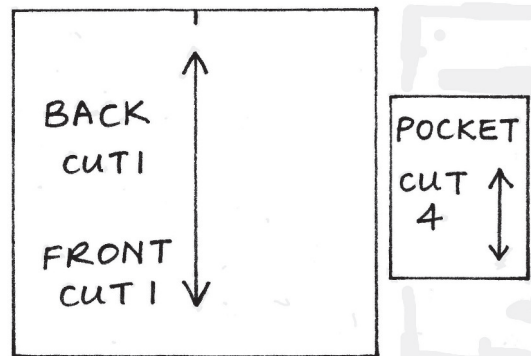


9. Cut the pockets for the trousers with the top.

To cut the top

10. Cut the top and remaining pieces for the trousers - see some possible layouts on the next page. Depending on your fabric width and size/s, you may be able to create a zero waste layout, or it may be low waste.

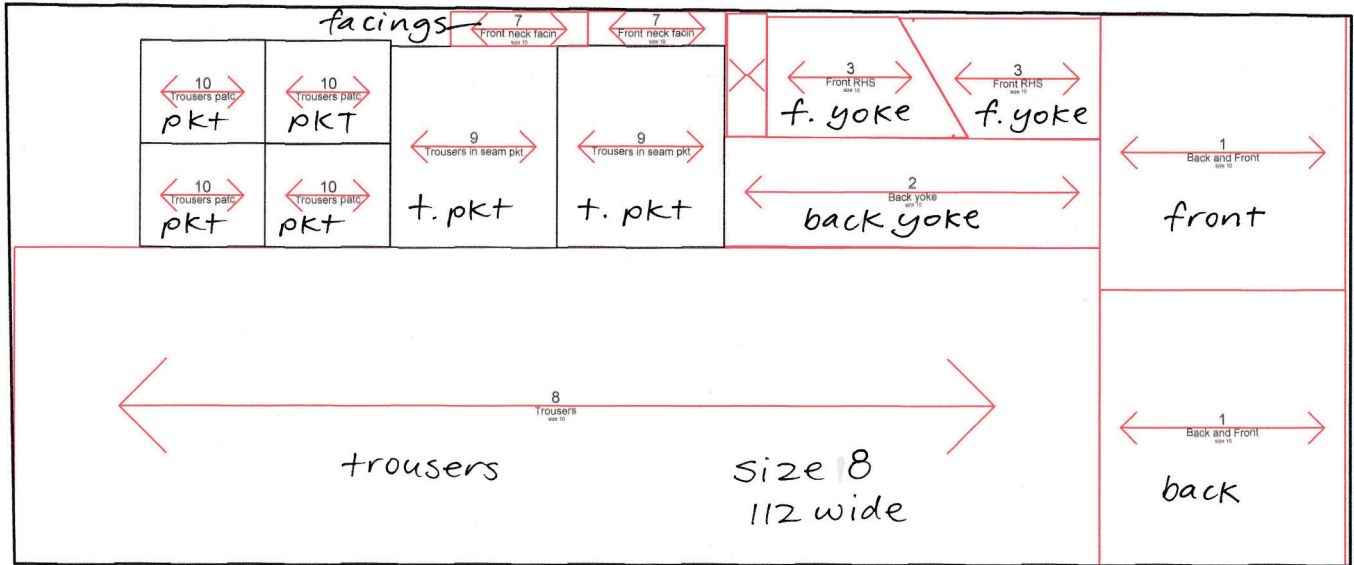
The facings, yokes and trouser pocket can be cut either way around.



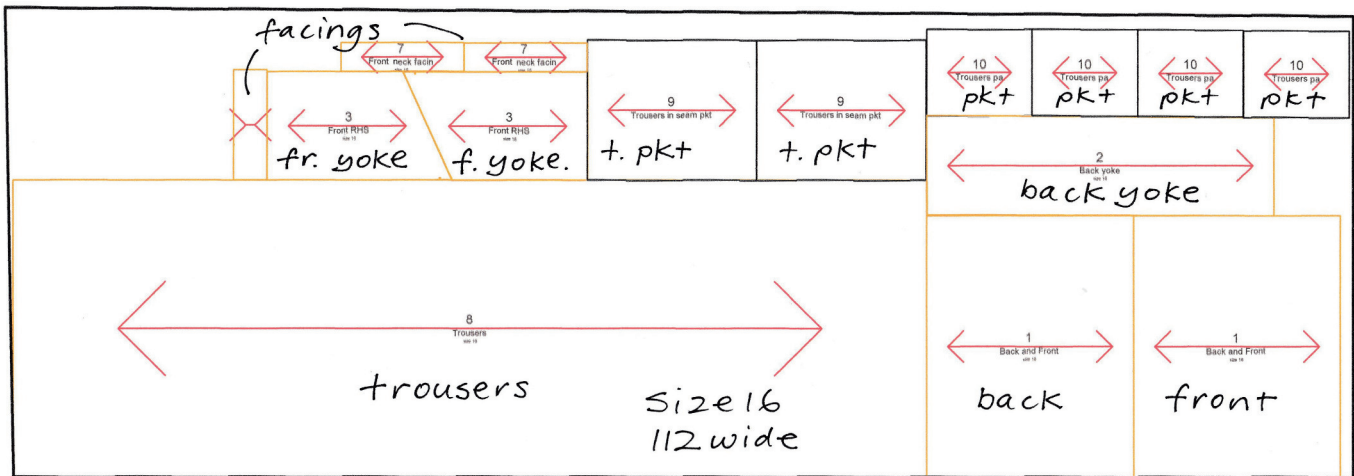
If you're cutting masks or headwear, you might be able to slip these into the layout too. You could also make a washbag so health workers can take their scrubs home to wash with low contamination risk - the bag gets put in the wash too.

A couple of examples of cutting layouts. There are blank spots in both which could be filled with masks, hat pieces or extra pockets.

Here's a size 8 trousers and top on 112cm (44") wide fabric:



Here's a size 16 trousers and top on 112cm (44") wide fabric:

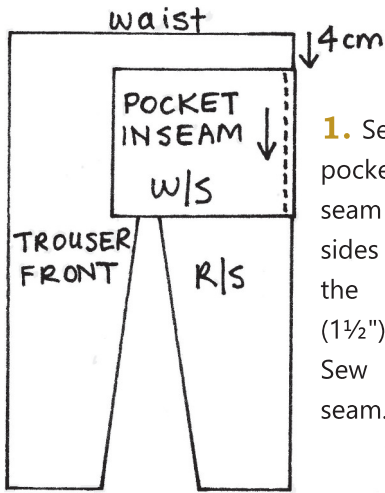


Facing width, sleeve length, pocket size and number of extra pockets can all be tweaked to maximise fabric usage. Optional: if you have a long strip at the side, cut a drawcord for the trousers waist. Cut it about 4cm (1½") wide.

Sewing instructions

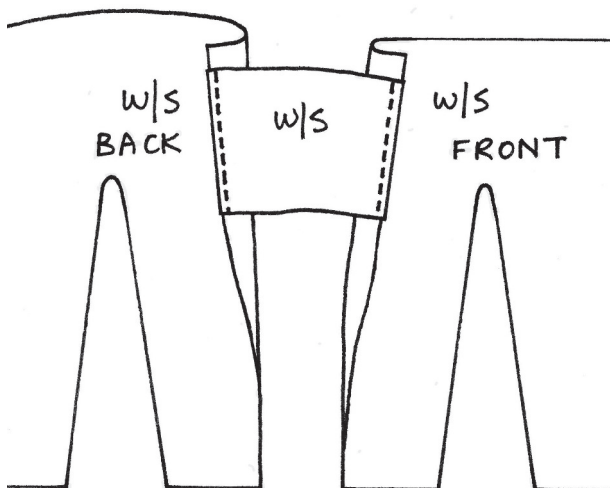
Sewing the trousers

In seam side pockets

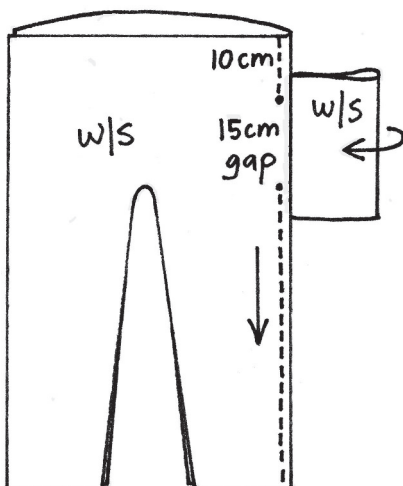


1. Sew an in-seam trouser pocket piece to the side seam of the front, right sides together, positioning the pocket piece 4cm (1½") down from the top. Sew with a **6mm** (¼") seam. Overlock.

2. Sew the opposite edge of the pocket piece to the back in the same way.

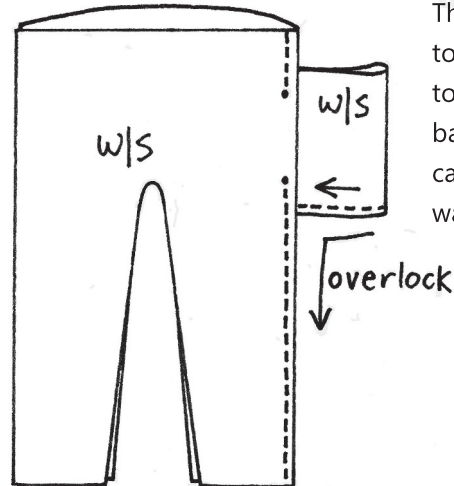


3. Bring the front and back together and sew the side seam (**1cm** seam allowance):



Start sewing at the top for 10cm (4"), leave a gap of 15cm (6") then sew the rest of the leg all the way to the ankle.

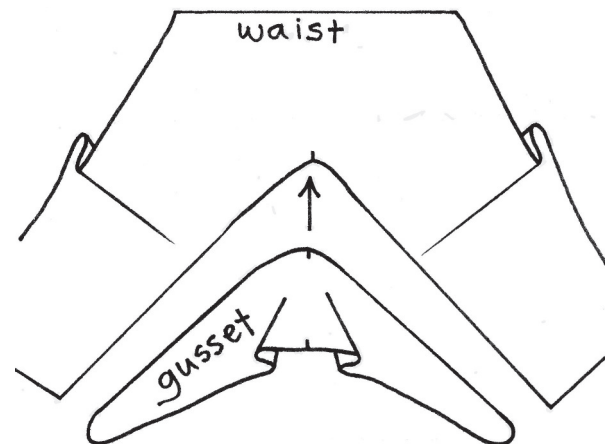
4. Sew across the bottom of the pocket piece, forming the pocket bag. Overlock the bottom of the pocket bag, then turn 90 degrees and overlock down the outside leg. Pocket and side seam complete. Repeat for the other side.



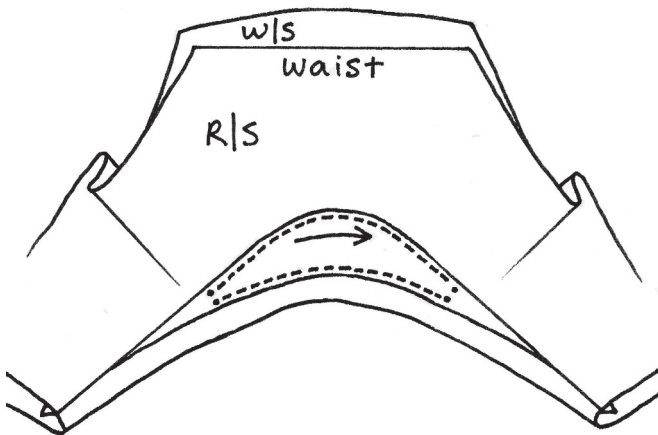
There's no need to overlock the top of the pocket bag - it gets caught in the waist casing.

Gusset

5. (Pockets not shown for clarity.) Turn the gusset 90 degrees and match the apex of the front trouser's curve to the widest part of the gusset. Set the gusset into the curve in the trouser. Sew with the trousers uppermost and the gusset underneath, taking a **1cm** (⅜") seam. Sew only to the end of the gusset's seam line, not all the way to the end. Overlock. Repeat with the other side of the gusset and the back of the trousers. Sew the short seam below the gusset at the ankle, then overlock. Press the seams towards the gusset.

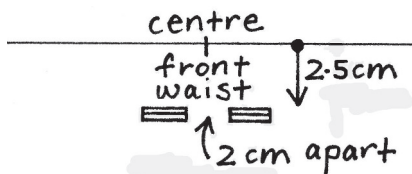


6. To reinforce the gusset in the seat area, either sew a second row of stitching over the first seam OR topstitch the gusset as shown below, stitching through the seam allowance too.



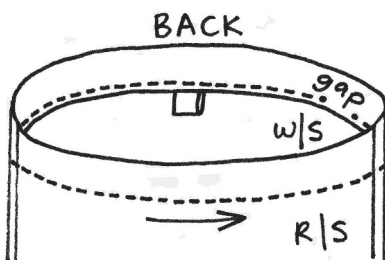
Waist casing

7. Make two buttonholes for the drawcord at the centre front waist, 2.5cm (1") down from the raw edge, 2cm ($\frac{3}{4}$ ") apart. The buttonholes and drawcord will be on the inside of the waist casing when it's finished.



8. Make the waist casing: turn under 5mm then 3.5cm ($\frac{1}{4}$ " then $1\frac{1}{4}$ ") at the top edge to form a casing. Stitch, leaving a small gap if you'll be threading elastic through. Some workplaces prefer a

drawcord only, so the elastic doesn't perish in hot washes. Put in a loop of ribbon or a label to identify the back.



Thread 2cm ($\frac{3}{4}$ ") wide elastic through the casing via the small gap. Thread the drawcord through via the buttonholes.

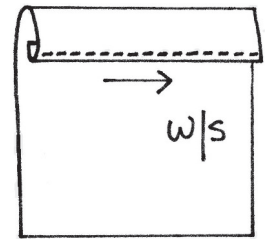
Hem

9. Hem the trousers with a 4cm ($1\frac{1}{2}$ ") double-folded hem. Turn up 2cm then another 2cm and stitch. At the inside leg, press the seam allowance open a little way to reduce bulk before hemming.

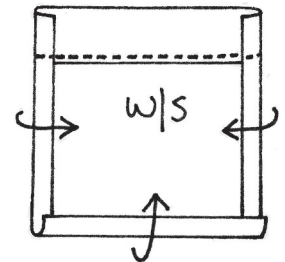
Patch pockets

10. Prepare the pockets:

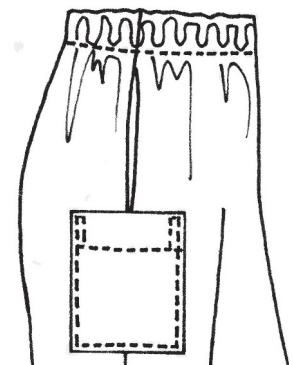
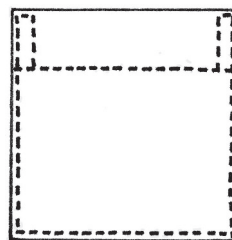
Press the top edge under 5mm then 3.5cm ($\frac{1}{4}$ " then $1\frac{1}{4}$ "). Stitch.



Press under the other three sides 1cm ($\frac{3}{8}$ ").



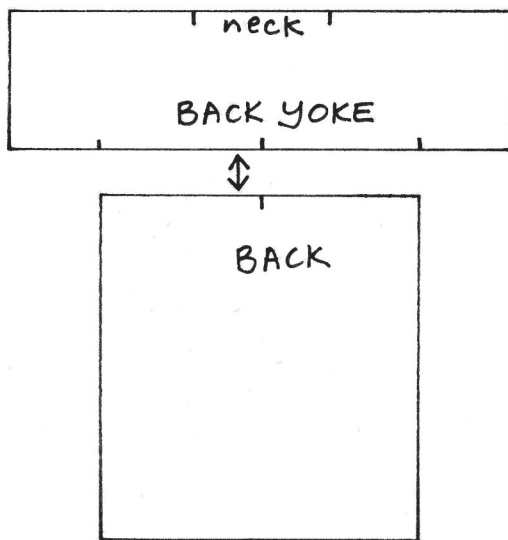
Position the pockets on the trousers. Centre each pocket over the side seam, with the top of each patch pocket level with the bottom of the in-seam pocket opening. Reinforce the corners of the pocket with a rectangle of stitching. You'll need to move the in-seam pocket bag out of the way as you stitch around.



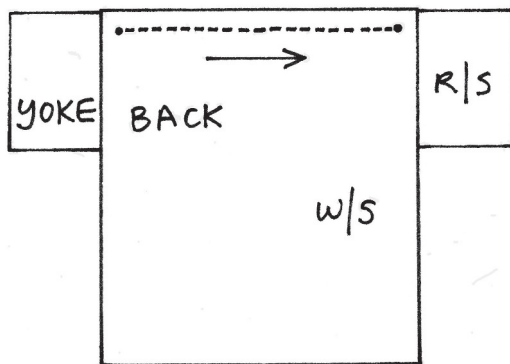
To sew the top

Back

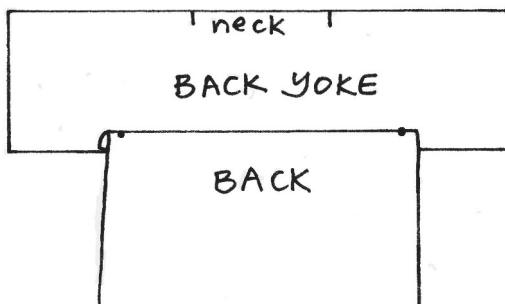
11. Sew the back to the back yoke.



Take a **1cm** ($\frac{3}{8}$ ") seam. Stop 1cm ($\frac{3}{8}$ ") short of each end.

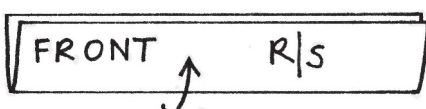


12. Overlock the seam allowance and press it down. Back complete.

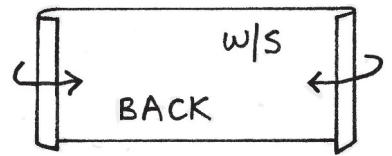


Prepare the facings

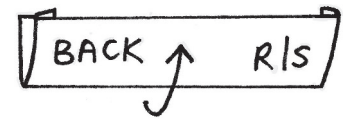
13. Iron the two front neck facings in half longways, wrong sides together.



14. Take the back neck facing and press the short sides under 1cm ($\frac{3}{8}$ ").

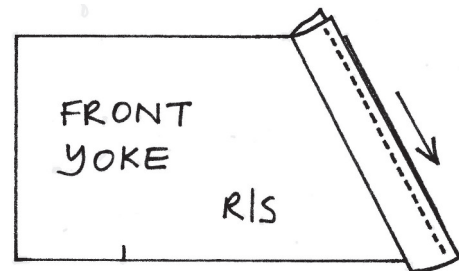


Then iron the back neck facing in half longways, just like the front neck facings.

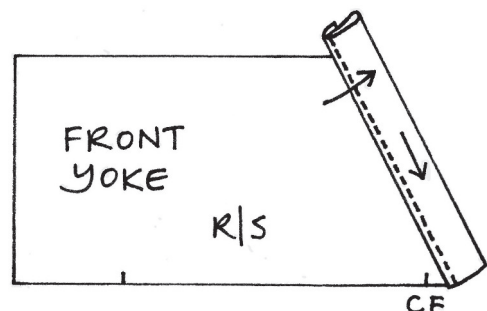


Front

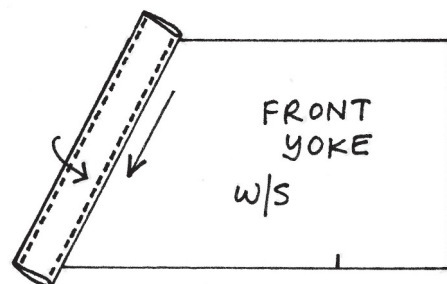
15. Place a front facing on the right side of a front yoke on the angled edge. Stitch, taking a 1cm ($\frac{3}{8}$ ") seam.



16. Press the facing and seam allowance away from the yoke. Understitch the facing.

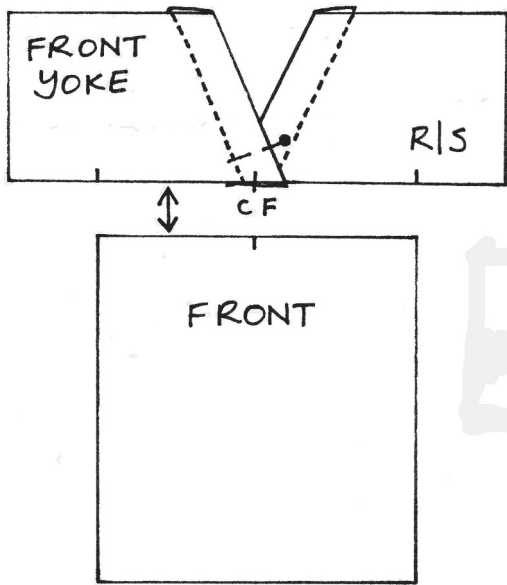


17. Turn the facing to the wrong side and stitch it down to keep it in place. It's easiest to do this with the facing uppermost and the yoke underneath. Sew from the neck down to avoid rippling. Trim any excess facing from the top and bottom, so the facings are flush with the yoke.

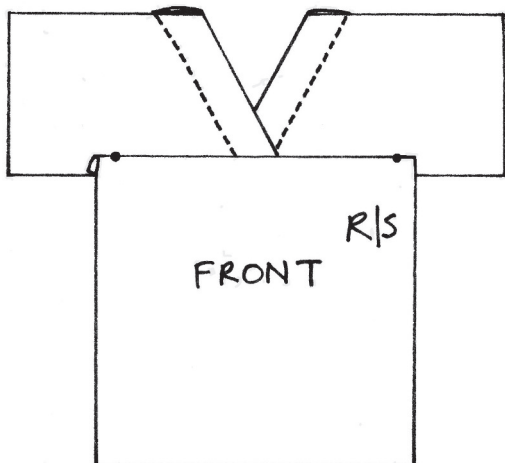
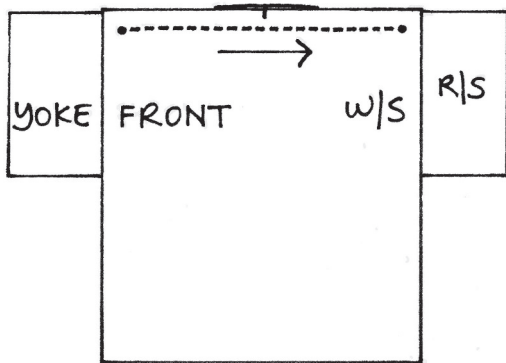


Sew the other front facing to the other yoke so you have a pair of front yokes.

18. Overlap the two front yokes, matching the centre front (CF) notch. Pin to hold them together.



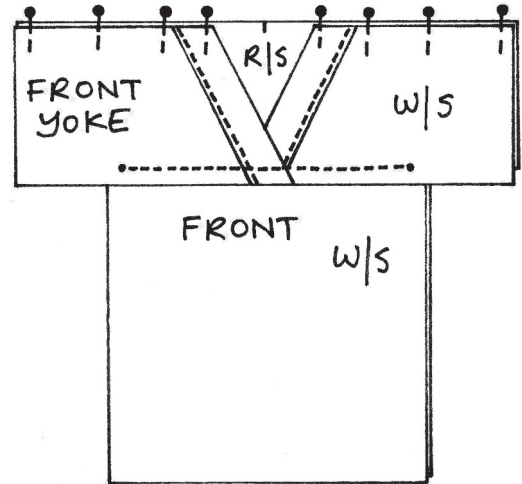
19. Sew the front yoke to the lower front, in the same way as you did for the back.



Front complete.

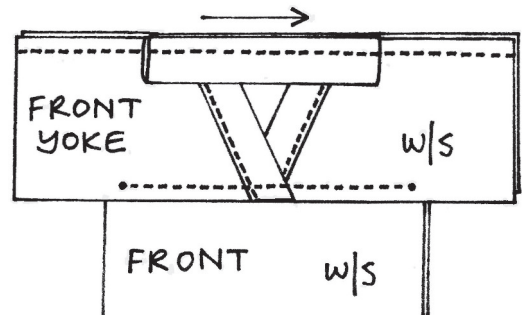
Shoulder seams and back neck

20. Lay the front and back right sides together and match the shoulders. Pin.

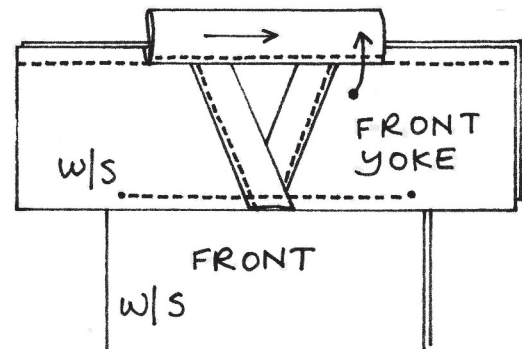


21. Lay the back neck facing centred over the neck and pin in place.

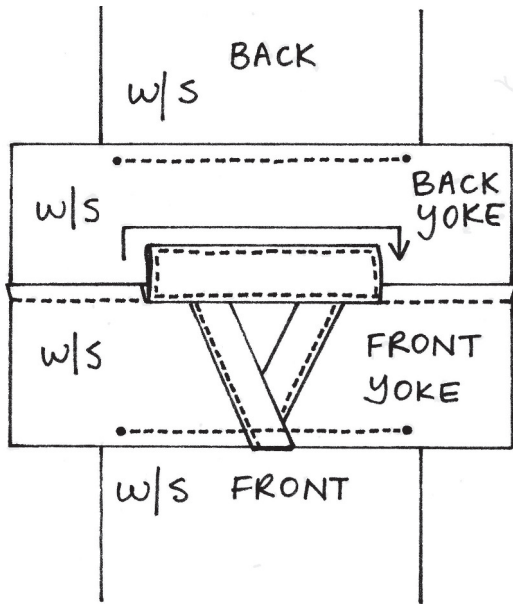
Sew the entire shoulder/back neck/shoulder seam in one go. Overlock.



22. Press the seam towards the back, and understitch the back neck facing.

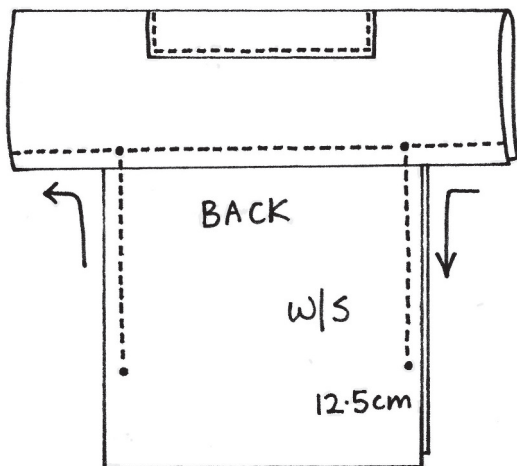


23. Stitch the back neck facing down onto the back.

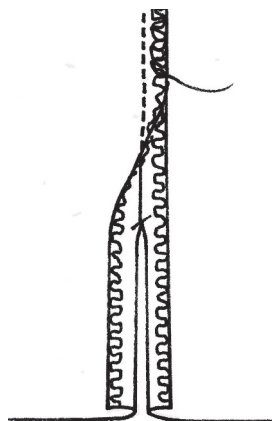


Underarms/side seams

24. Sew the underarm/side seams together, taking a 1cm (3/8") seam. Stop sewing 12.5cm (5") short of the lower edge, to create side splits.



25. Overlock the side splits separately first, then overlock the rest of the seam, stopping just above the side splits.



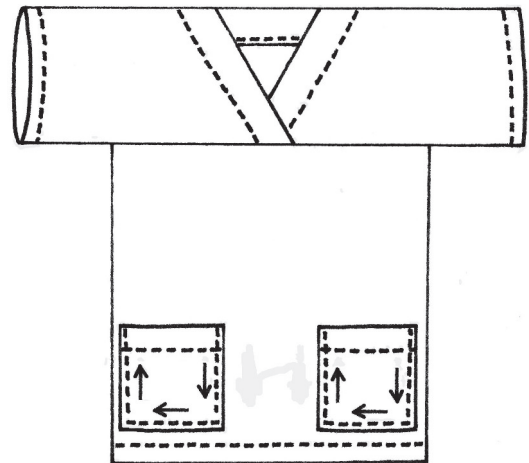
Hems

26. Press the side splits under by 1cm (3/8") and stitch.

27. Hem the lower edge of the body and the ends of the sleeves with a 2.5cm (1") hem. Make the hems double folded rather than overlocked-and-turned-up-once: press up the edge 5mm then 2cm (1/4") then 3/4") and stitch.

Patch pockets

28. Prepare and sew the two patch pockets in the same way as the trouser pockets. Position them about 3cm (1 1/4") up from the hemmed lower edge, and about 2cm (3/4") in from the side seams.



Optional breast pocket

29. Prepare the pocket in exactly the same way as the other patch pockets.

Suggested placement on mens tops: on the left front, 4.5cm (1 3/4") away from the centre front.

