A pair of purple men's scrubs pants hanging on a mannequin. The pants have a drawstring waistband and a buttoned fly. In the background, there are some books on a shelf, including one titled "mayhem" and another titled "Love".

DOCTORS SCRUBS - STEP BY STEP

# Mens Pant Scrubs

Step by step guide with pictures on  
how to make the Mens Pants

Scrubs with a drawstring waistband.

The XL size pattern was used in this example.

Prepared by Anne Smith



## ERROR ON PATTERN PIECE

Pattern piece 'b' is the front piece NOT the back piece as printed on the pattern.

FOLLOW THE SEWING STEPS IN LINE WITH THIS GUIDE.

Division: Hospital Uniforms for men    Style name: Pants Scrubs for men

Style description: Classic scrub pants (BOTTOM) for men. Relaxed-fit.

Fabric: Woven fabric (with or without spandex)    Style Code: #hps02

**GENERAL INFORMATION**

**Finished garment measurements**

KEY	MEASURING AREA	S	M	L	XL	2XL	3XL
A	HIPS (complete circ.)	108 (42.5)	114 (44.8)	120 (47.2)	126 (49.6)	132 (51.9)	138 (54.3)
B	Full LENGTH	109 (42.9)	111 (43.7)	113 (44.4)	115 (45.2)	117 (46.0)	119 (46.8)

**Fabric layout**

XS layout (smaller size)

2XL layout (bigger size)

**NOTES:** \* Cut elastic: **S:** 76 cm (29.9 in) / **M:** 82 cm (32.2 in) / **L:** 88 cm (34.6 in) / **XL:** 94 cm (37 in) / **2XL:** 100 cm (39.3 in) / **3XL:** 106 cm (41.7 in). **Add** seam allowance to elastic (only).  
\* This pattern already has **seam allowance: 1 cm**

**Materials needed**

- Main **WOVEN** fabric (with or without spandex)
- Elastic (4 cm / 40 mm width)

**Sewing steps**

- Place **pocket bag A** over **front piece**. See details "A".
- Sew **hand opening**. See details "A1". **Cut** both corners. See details "A2".
- Turn it to the inside and steam.
- Sew **hand opening** from the outside. See details "A3".
- Place pocket **bag B** over pocket **bag A** and sew pocket bags together. See details "A4".
- Sew **front rise**. See details "C".
- Sew **back pocket upper hem** (hand opening). See details "D".
- Iron back pocket seam allowance to the inside (follow notches on the pattern). See details "E".
- Sew **back pockets** on top of the **back piece**. Place the pocket following the notches on the pattern. See details "E".
- Sew **back rise**. See details "C".
- Sew **side-seam**. See details "C".
- Sew **inseam**. See details "C".
- Close **elastic**; sew one end to the other. See details "F1".
- Place **elastic** within **waistline** and sew (pull elastic to make it match waistline. Keep pulling while sewing). See details "F2".
- Fold elastic to the inside and lockstitch once (lower seam "a") or twice (upper seam "b"). See details "F3".
- Sew **lower hem**. See details "G".

Do not copy, cite or distribute without permission of the author. Property of PDF Patterns Boutique.



### **STEP 1:** **SERGE ALL SEAMS**

Although the instruction do not tell you to serge all the seams I would advise that you do to make them more secure, and to stop them fraying. If you do not have a serger then a zig zag stitch close to the egde as shown will be fine.



### **RIGHT SIDES TOGETHER.** **I will use this term a lot!!**

The right side of the fabric is the side of the fabric that will be on the outside of the garment when it is complete. The side of the fabric that people will see.



### **STEP 2:** **CONSTRUCTING THE FRONT POCKETS - REPEAT STEPS 2 TO 5 ON BOTH SIDES**

Place the front pocket bag Pattern Piece 'c' in line with front piece ' b'. Making sure that you are placing the right sides of the fabric together.Pin in place and sew around the edge of the pocket as shown.





**STEP 3:**  
**SNIP BOTH CORNERS**

Using sharp scissors cut diagonally into both corners as shown. Leave a millimeter so you do not cut the stitching.



**STEP 4:**  
**PRESSING AND TOPSTITCHING.**

Turn the pocket around to the the back of the front piece and press. Topstitch close to the edge as shown.



### **STEP 5: COMPLETE FRONT POCKET BAG**

Place piece 'd' on top of the pocket bag 'c'. Pin and sew together. Ensuring you do not sew through the front leg piece - only the pocket bags.



### **STEP 6: SEW FRONT RISE**

Pin both front pieces, right sides together, and sew the front rise. As this is a stress point I suggest either selecting a double row stitch on your machine or sew over the first stitching again after you have finished.



### **STEP 7: PRESSING BOTH BACK POCKETS**

When cutting the pocket pieces make sure to make a small notch with your scissors where the fold lines are to use as a guide.

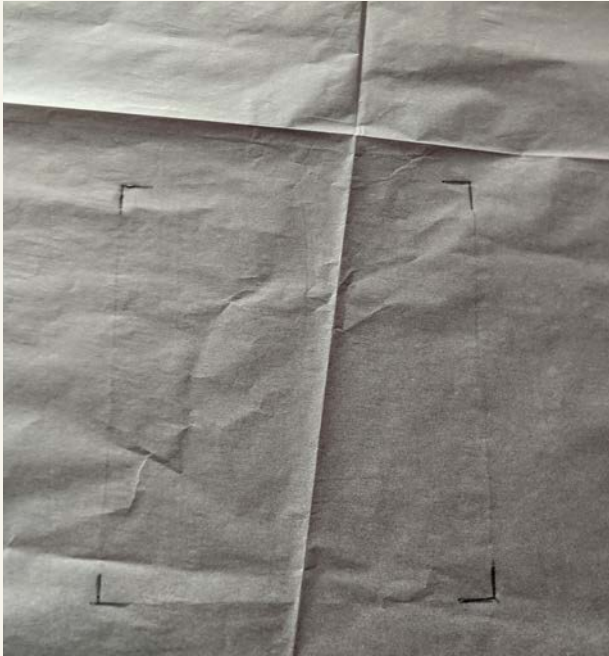
**Pressing steps shown overleaf.**



## BACK POCKET PRESSING EXAMPLE:

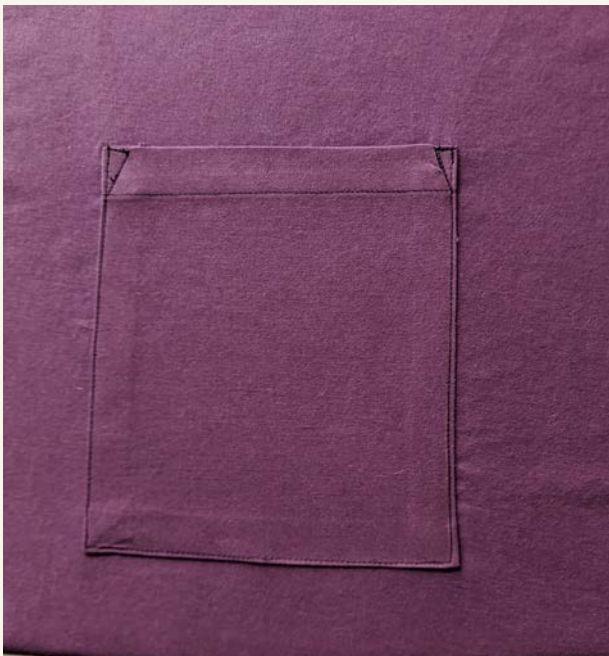
- Fold and press first top fold.
- Fold again and press second top fold
- Press both side folds
- Press bottom fold
- Open bottom fold and press into an envelope fold.
- Open side folds and topstitch along top pocket edge to keep top pocket folds in place.





**STEP 8:**  
**PLACE BACK POCKETS -**  
**REPEAT STEP 8 TO 9 ON**  
**BOTH SIDES**

Place the paper pattern over the back leg pattern piece 'a'. Mark on where the pocket should go on the right side of the fabric with tailors chalk or a small pencil mark.



**STEP 9:**  
**PIN AND SEW BACK POCKET**

Pin the pocket in place and topstitch around the sides and bottom of the pocket.

As the pocket is also a stress point i add a small triangle stitch a the top opening corners as shown.



**STEP 10:**  
**SEW BACK RISE**

Place both back pieces right side together and sew the back rise. Again reinforce the seam with a double stitch as it is a stress seam.





**STEP 11:**  
**SEW SIDE SEAMS - REPEAT BOTH SIDES**

Place the front side and back side seams right sides together. Pin and sew the side seams.



**STEP 12:**  
**PRESS SIDE SEAMS OPEN**

Press the side seam allowance open .



**STEP 13:**  
**SEW INSIDE LEG SEAM**

Hold the trousers inside out by the waistband to see which pieces need to be sewn together. Remember you can always unpick if you go wrong!! Pin the inside seams and sew.

As the crotch is a stress point i would double stitch in that area.

Press the seams open.





#### **STEP 14:**

#### **MAKE A DRAWSTRING**

- Check the size guide for the waist measurement and add an extra 60cm / 23 inches.
- Cut a strip of fabric at least 5cm wide to the required length. ( I actually used the top edge of the double quilt that I had been cutting up.
- Fold in half and stitch together.
- Pull through so the seam allowance is inside the drawstring.
- Press again.

#### **STEP 15:**

#### **PRESS THE WAISTBAND**

Fold 1cm over all the way around the waistband and press. Then Fold 3cm and press again.



## STEP 16:

### CREATING BUTTONHOLES IN WAISTBAND

Buttonholes need to be made to pull the drawstring through the waistband

- Mark buttonholes on the waistband 3cm either side of the front rise seam.
- Sew the buttonholes with your machine, or by hand if you do not have a buttonhole setting on your machine.
- Pull the drawstring through the buttonholes and passing around the waist, putting it in its final place and keeping it clear of the folded edge that is to be sewn.
- Pin the waistband in place, remembering to add the correct colour label for the size you are making!
- Sew the waistband in place stitching close to the folded edge







**STEP 17:**  
**HEMMING THE LEGS**

Check the size chart for the inside leg measurement (most are 29" for the larger sizes and 28" for the smaller)

Measure from the top of the inside leg seam to the hemline to find the correct length and place a pin.



**STEP 18:**  
**CUT BACK HEM ALLOWANCE**

Fold the hem under ensuring that it is the same distance from the fold line to the top of the hem all the way around. If your pattern is the same as mine (I used the XL) there will be a huge hem. I marked and cut the hem allowance back to 10cm, you can make it smaller if you wish.



**STEP 19:**  
**FOLDING, PRESSING AND SEWING HEM**

Fold the hem over 5cm, press then fold 5cm and press again. Stitch the hem in place stitching close to the fold line.

**STEP 20:**  
**PRESS YOUR FINISHED GARMENT AND RELAX YOU ARE DONE!!**

**NOW GO AND CUT ANOTHER PAIR AND START AGAIN IT WILL BE MUCH EASIER THE SECOND TIME AROUND.**

