

TEST SQUARE FOR PDF PRINTING  
This square should print out at 10cm x 10cm  
(4 inches)

If it doesn't print to the correct size, check that  
your printer is set to scale 100%

If you need any help putting this pattern  
together please see:  
[sewdifferent.co.uk/downloadable-patterns-work/](http://sewdifferent.co.uk/downloadable-patterns-work/)

## Materials & Quantities

Suitable for cotton & polycottons.

Fabrics must be washable at 60 degrees.

Iron-on interfacing

4cm wide elastic:

Small - 76cm    Medium - 82cm    Large - 88cm    X Large - 94cm    2X Large - 100cm

Fabric 150cm wide - all sizes - 3.25m

Fabric 112cm wide - all sizes - 5m

## Sizing - Finished Garment Measurements

1A

### Scrubs Unisex Top

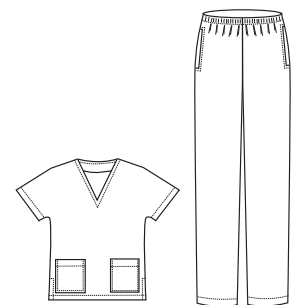
All measurements in CM

SIZE	S	M	L	XL	XXL
CHEST	110	116	122	128	134
LENGTH	72	74	76	78	80

### Scrubs Unisex Trousers

All measurements in CM

SIZE	S	M	L	XL	XXL
HIPS	108	114	120	126	132
FULL LENGTH	109	111	113	115	117

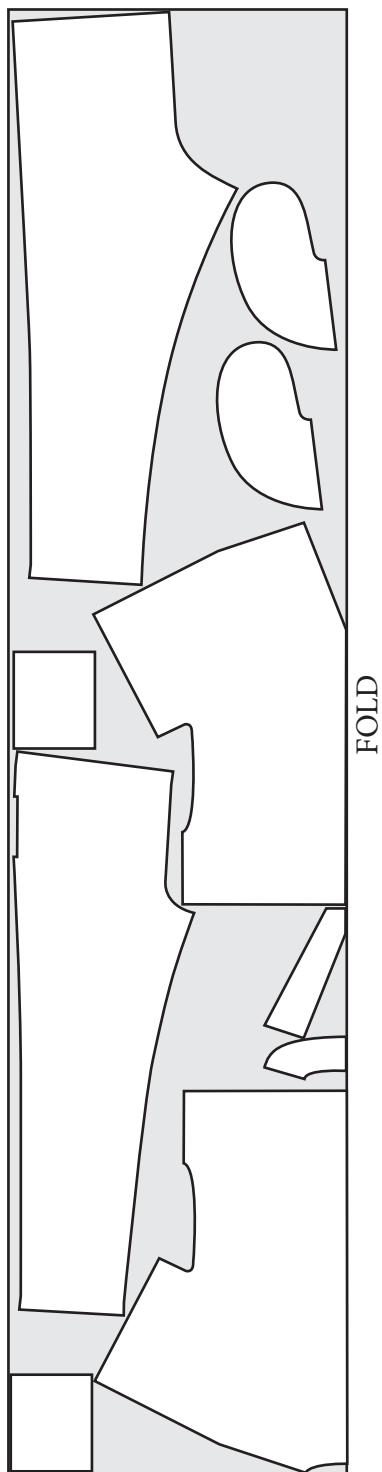


Unisex Scrubs  
with grown-on sleeves

*Sew*  
DIFFERENT

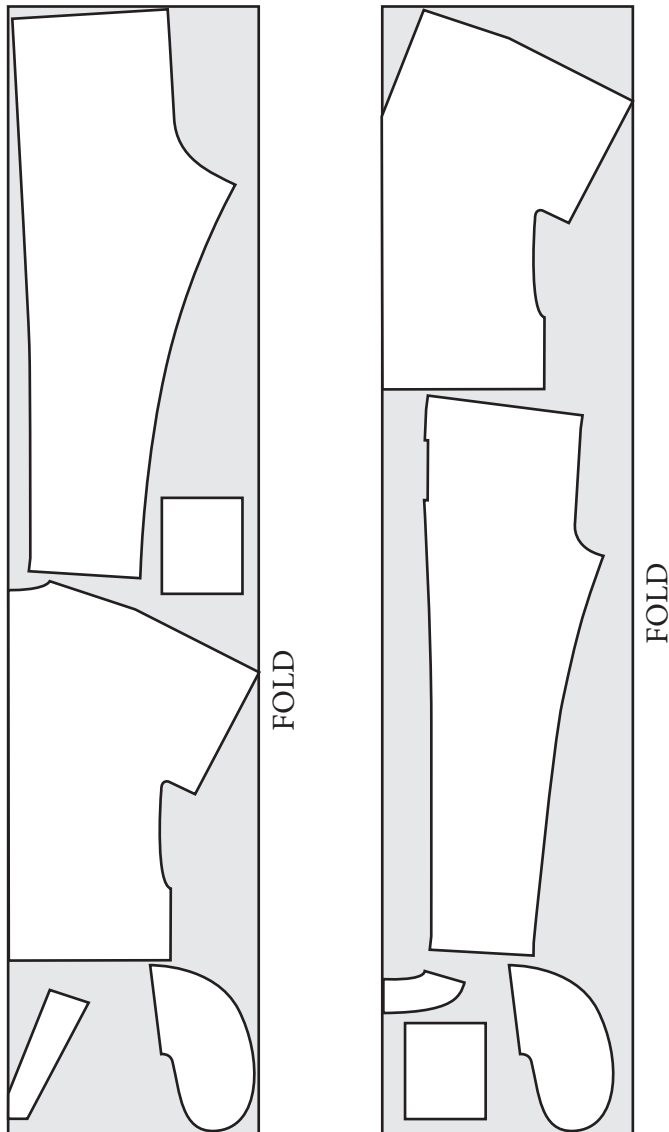
1B

Layout - fabric 150cm wide

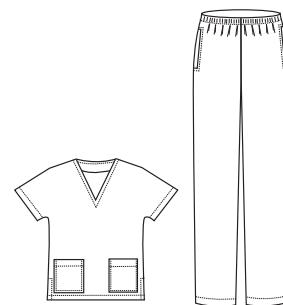


1B

Layout - fabric 112cm wide



1C



Unisex Scrubs  
with grown-on sleeves



## Instructions - Scrubs Top

1 - Use an iron-on interfacing on FRONT FACING and BACK FACING.

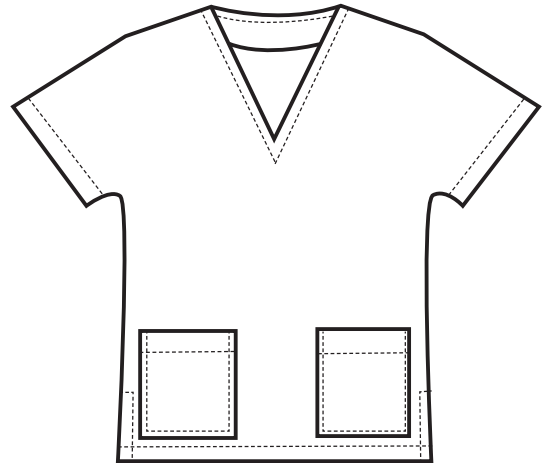
2 - With right sides together, sew FRONT FACING to BACK FACING at the shoulder seam.

3 - Overlock or finish the edges of the FACINGS.

4 - Overlock or finish the edges of all other pieces.

5 - Iron a 1cm fold to the upper edges of the POCKETS. Press a second fold of 2cm and hem.

6 - Press the marked seam allowance on the pockets to the inside using the notches as guidance.



1C

7 - Pin and stitch the pockets to the right side of the FRONT where marked on the FRONT pattern piece.

8 - With right sides together, sew the FRONT to the BACK at the shoulder seam.

9 - With right sides together, sew the FACINGS to the neckline. Cut notches into the seam allowance. Turn the facings to the inside and press. Topstitch 3cm from the edge.

10 - With right sides together, sew the side seams along the underside of the arm and down the to the balance mark. Clip notches into the seam allowance around the undersarm curve. Press the seam open.

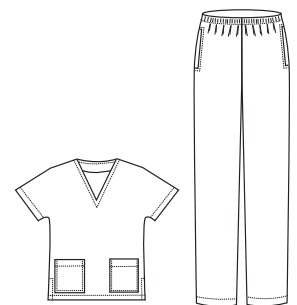
11 - Iron slits open using the notch markers on the bottom edge of the FRONT and BACK.

12 - Iron a 1cm fold to the lower edge. Press a second fold of 2cm and hem.

13 - Topstitch around the slits.

14 - Iron a 1cm fold to the SLEEVE edges. Press a second fold of 2cm and hem.

1D



**Unisex Scrubs**  
with grown-on sleeves

*Sew* DIFFERENT

## Instructions - Scrubs Trousers

1 - With right sides together, align the POCKET BAG on to the FRONT piece.

2 - Stich together around the hand opening. Snip diagonally into both corners.

3 - Turn the POCKET BAG to the inside and press.

4 - With wrong sides together, top stitch the POCKET BAG and the FRONT together around the hand opening of the pocket.

5 - With right sides together, place the second POCKET BAG over the first POCKET BAG and sew together around the curved edge.

6 - With right sides together, sew the front rise.

7 - Iron a 1cm fold to the upper edges of the PATCH POCKETS. Press a second fold of 2cm and hem.

8 - Iron PATCH POCKET seam allowance to the inside using the notches

9 - Sew the PATCH POCKETS on to the BACK piece in the marked position.

10 - With right sides together, sew the back rise.

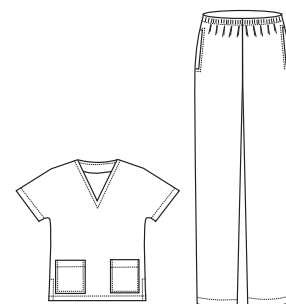
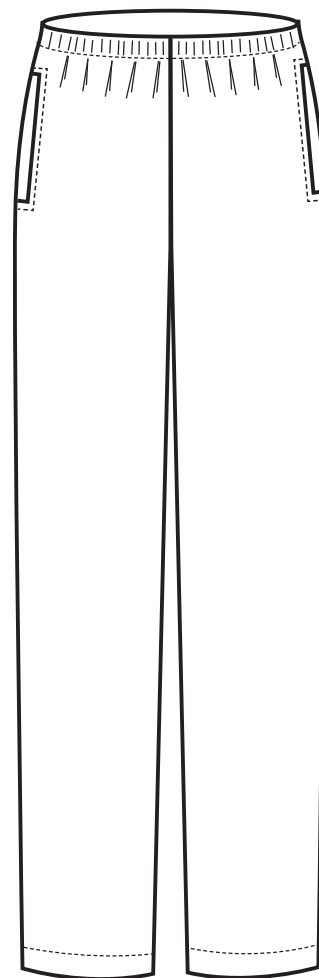
11 - With right sides together, sew the side-seams.

12 - With right sides together, sew the inside seams.

13 - Sew one end of the elastic to the other. Place elastic onto the wrong side of the trouser waistline. Pull the elastic to make it match the length of the waistline and stitch along the upper edge. Keep pulling while sewing.

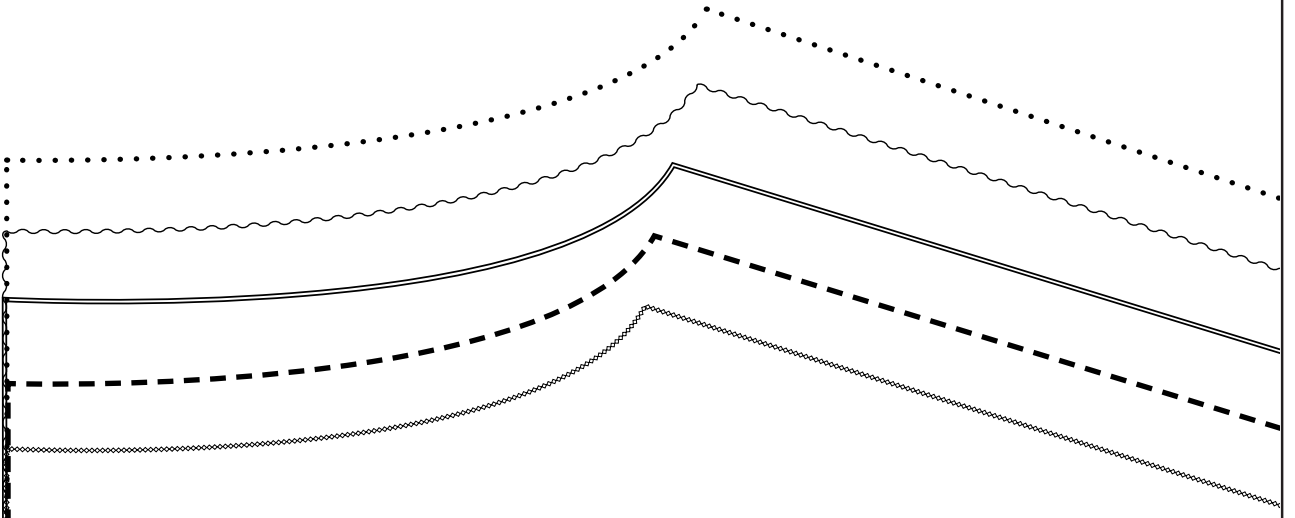
14 - Fold elastic to the inside and topstitch (with a zigzag or stretch stitch to allow stretch) once along the upper edge of the elastic and again along the lower edge of the elastic.

15 - Iron a 1cm fold to the bottom edges. Press a second fold of 2cm and hem.



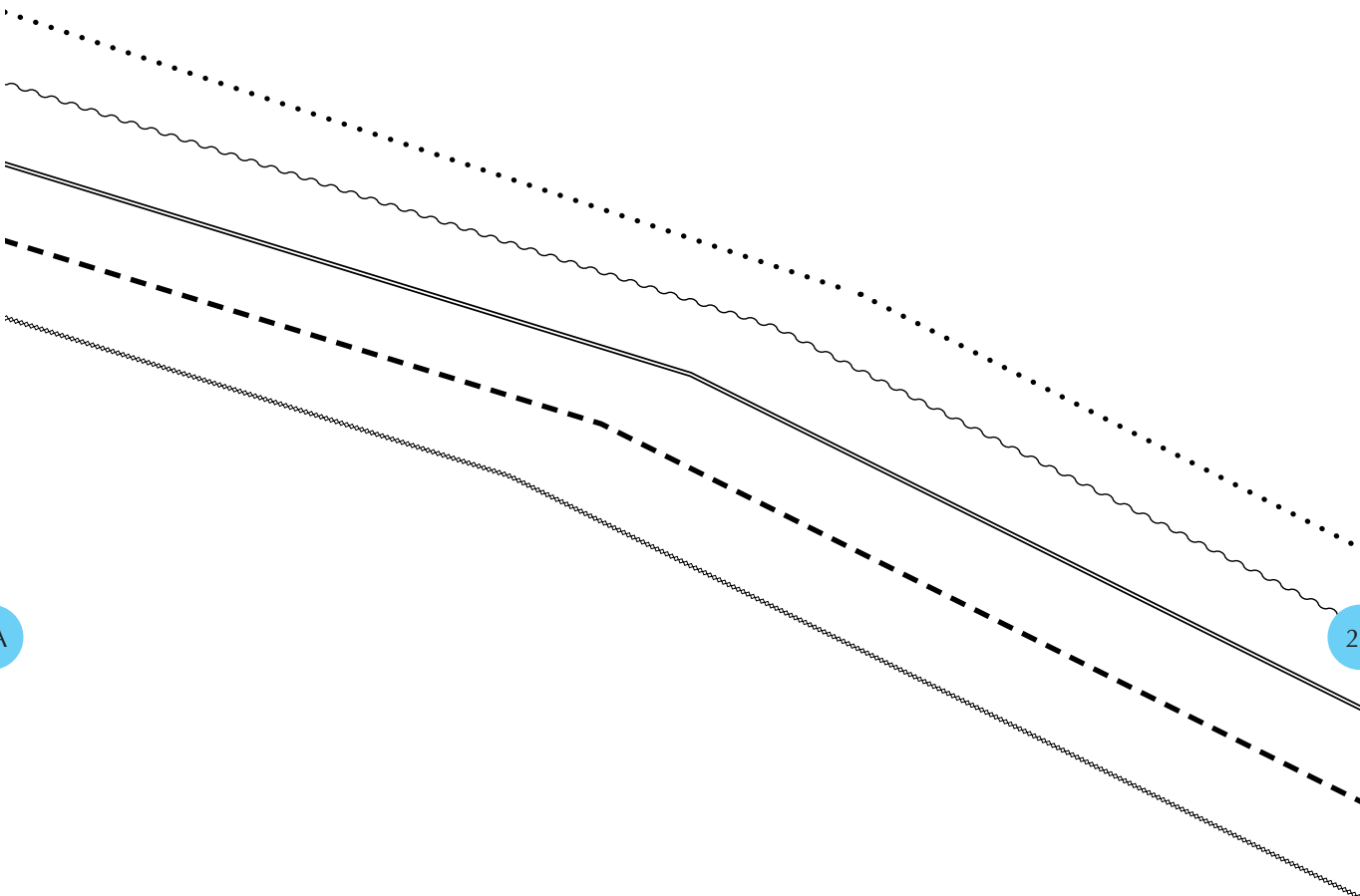
**Unisex Scrubs**  
with grown-on sleeves

*Sew*  
DIFFERENT



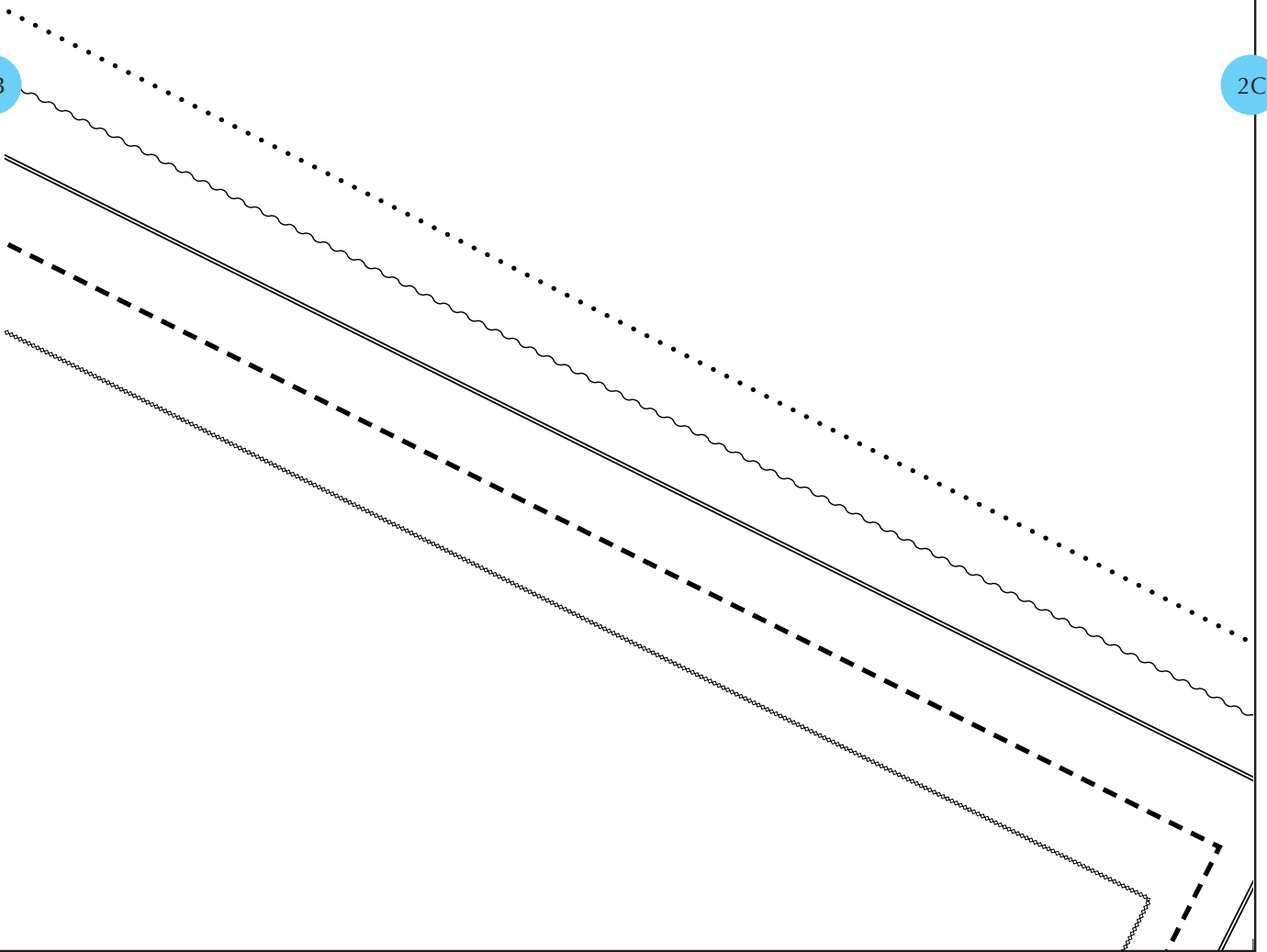
2A

2B



2B

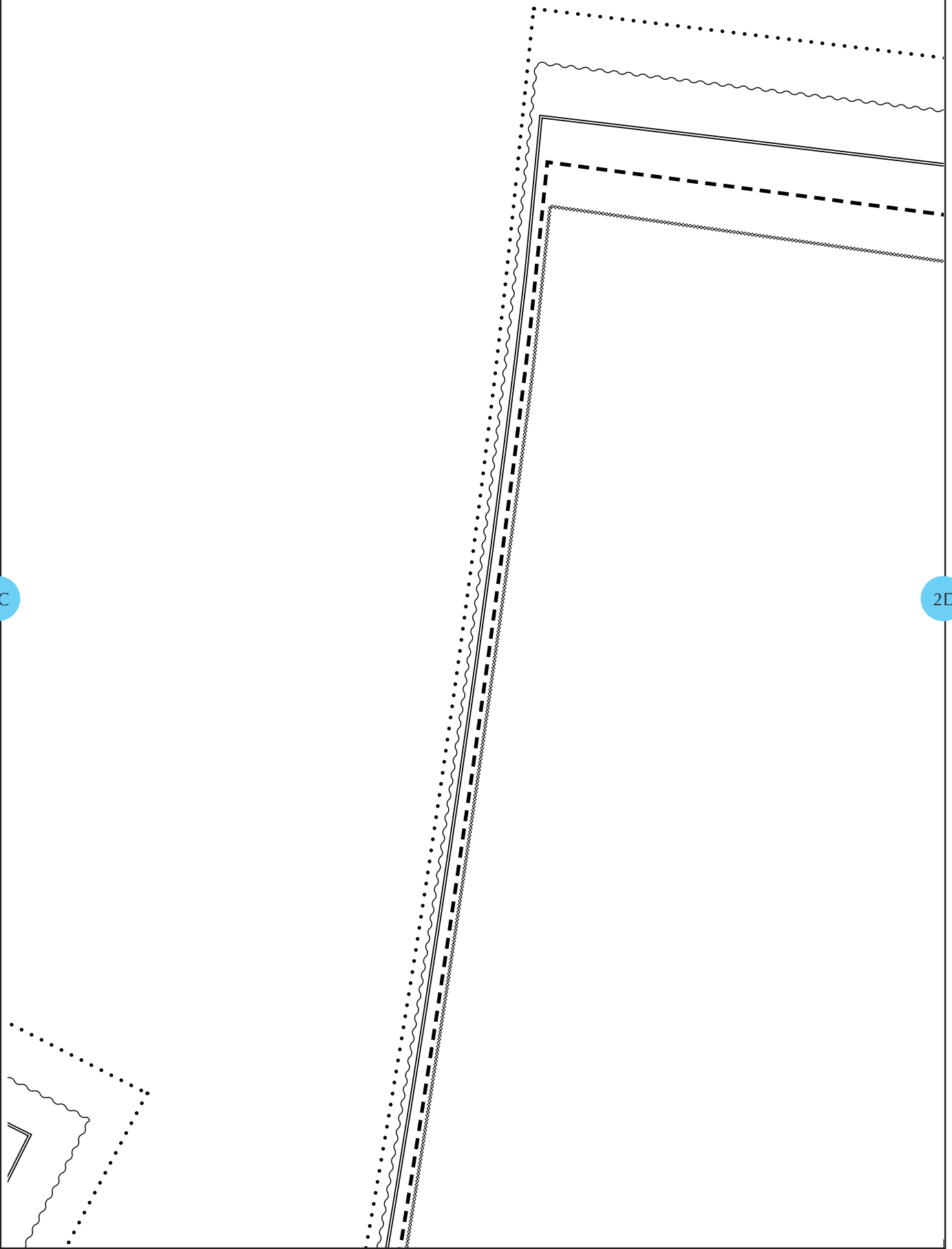
2C



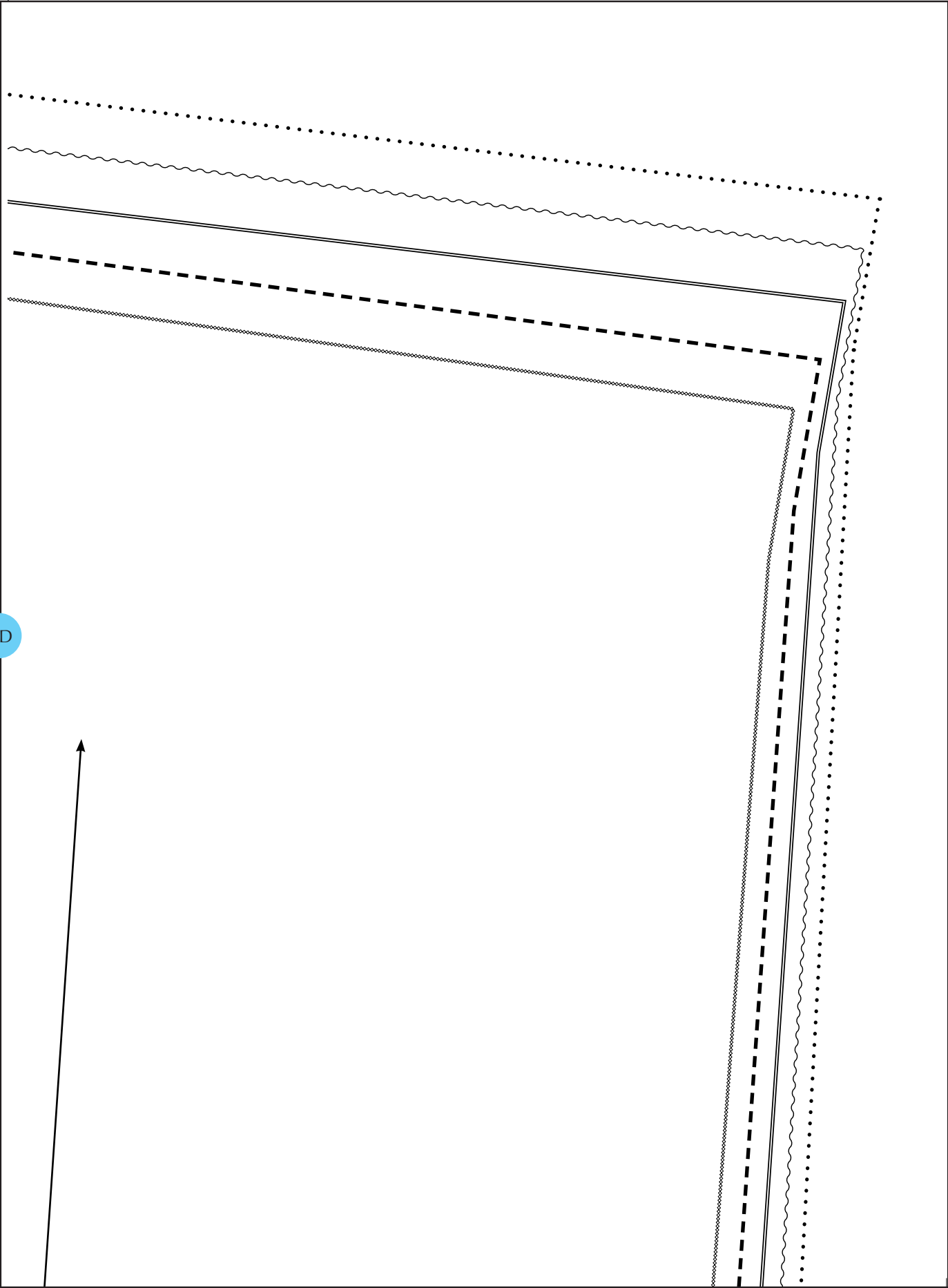


2C

2D



2D





© Copyright Sew Different 2020

# Unisex Scrubs Top

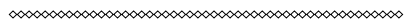
## BACK

3A

Cut 1 on the fold  
1 cm or 3/8 inch seam allow  
included

FOLD

**Small**



**Medium**



**Large**



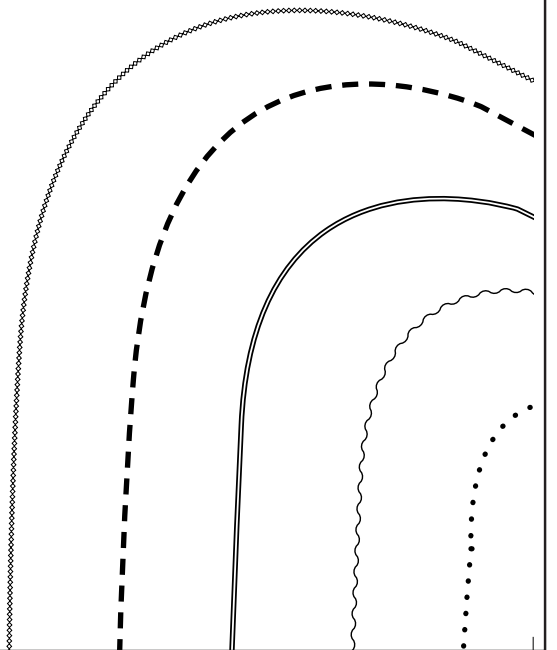
**X Large**



3A

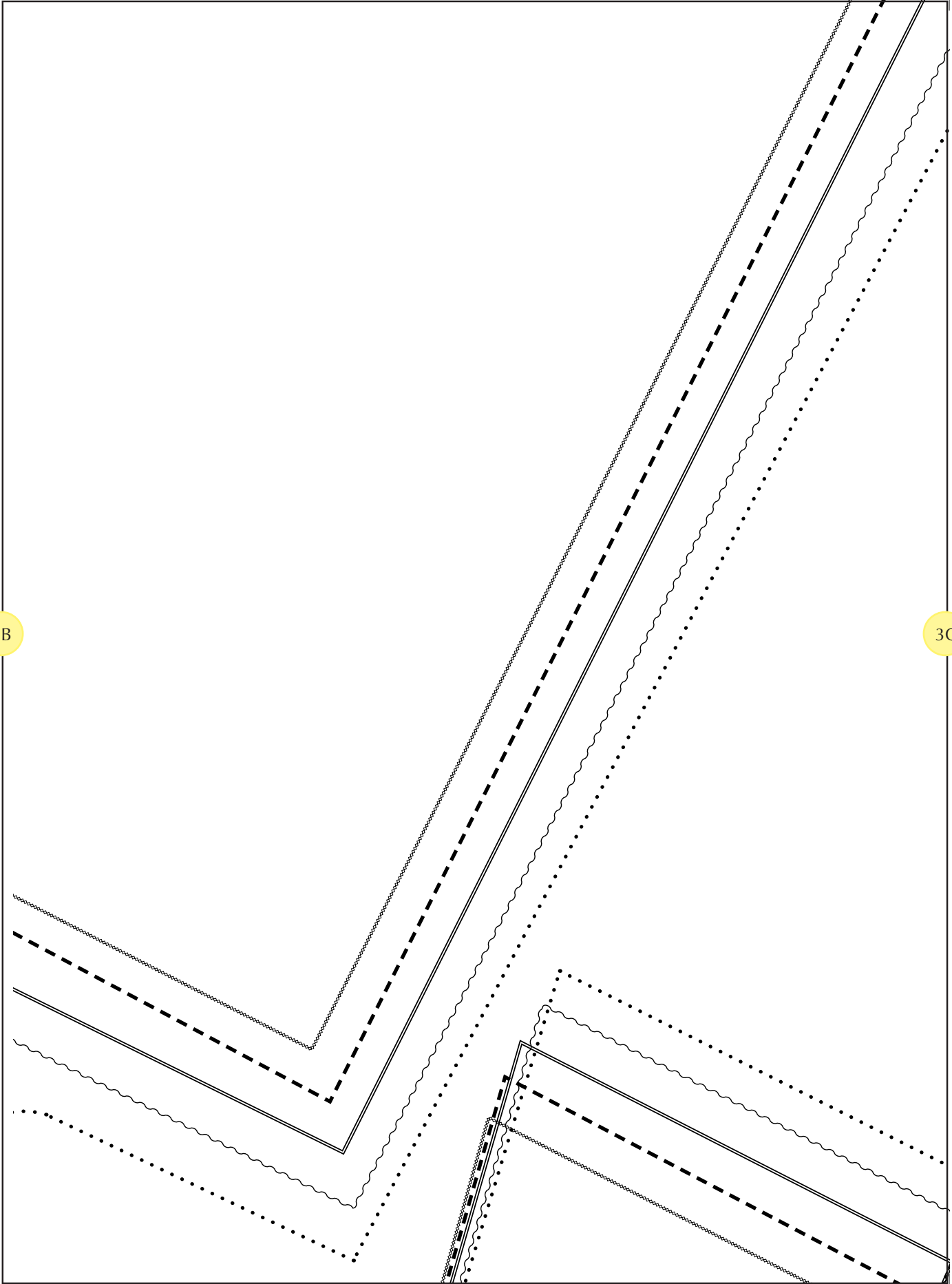
3B

ance



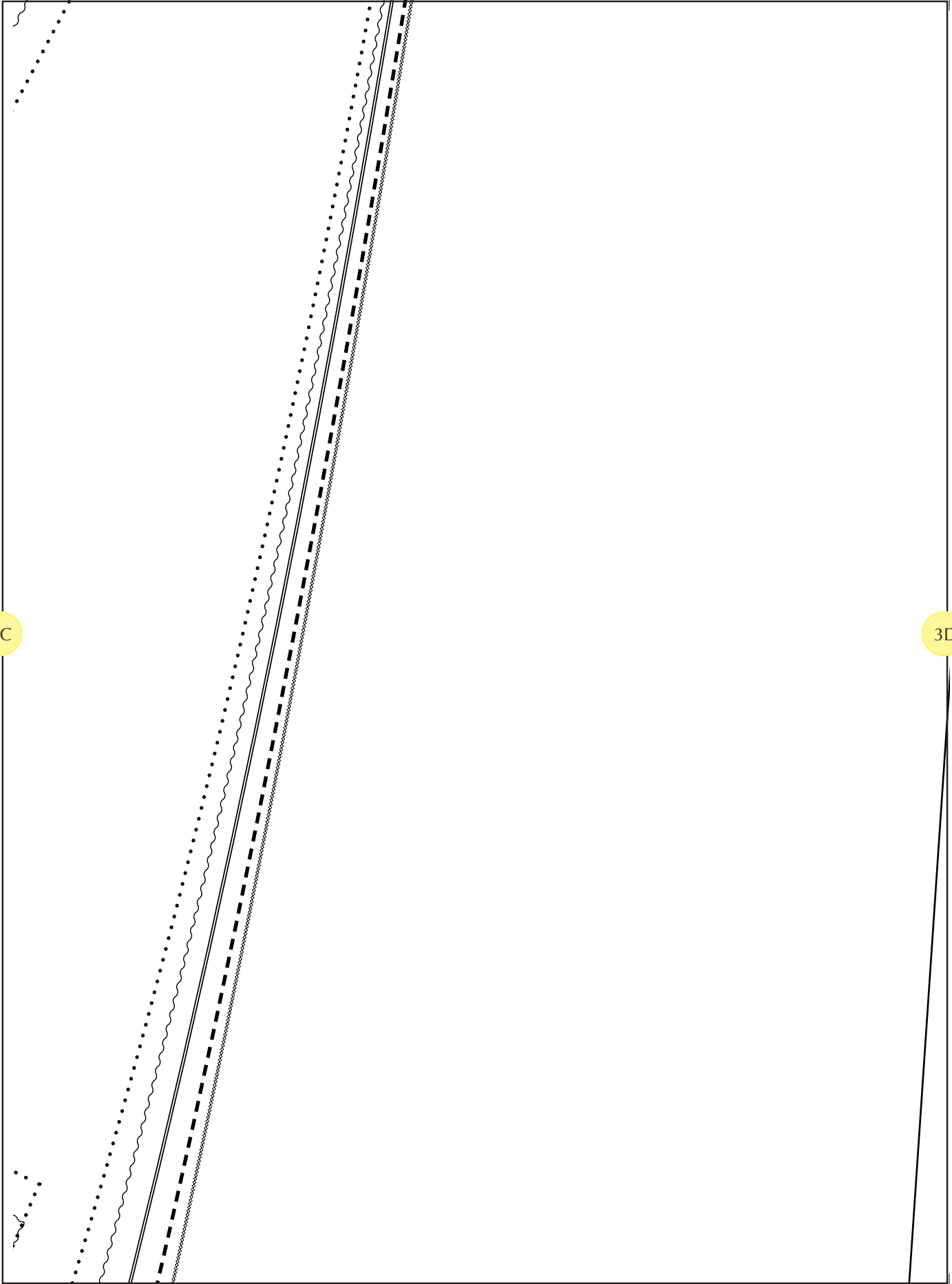
3B

3C

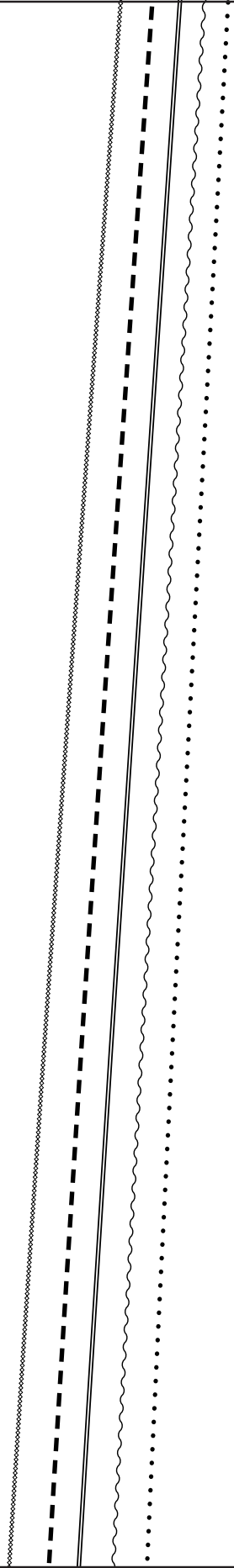


3C

3D



3D



2X Large



### While this is a free pattern...

Sew Different retains the copyright. This pattern is not for resale and is not for public access except through the Sew Different website. Please do NOT post this pattern on other websites or Facebook pages.

You can also find free video tutorials for [www.sewdifferent.co.uk/scrubs-paper-pattern-r](http://www.sewdifferent.co.uk/scrubs-paper-pattern-r)

...and for when times are better, you can find our collection of contemporary patterns for [www.sewdifferent.co.uk](http://www.sewdifferent.co.uk)





rn

se  
r

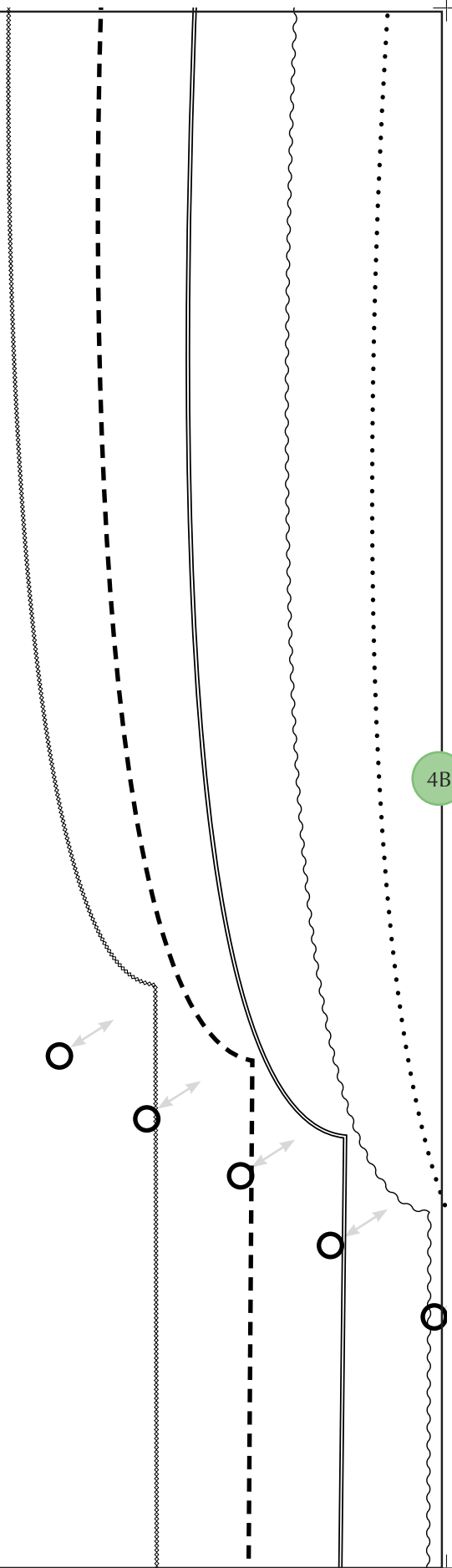
ere:  
ot-for-profit/

id  
nen at:

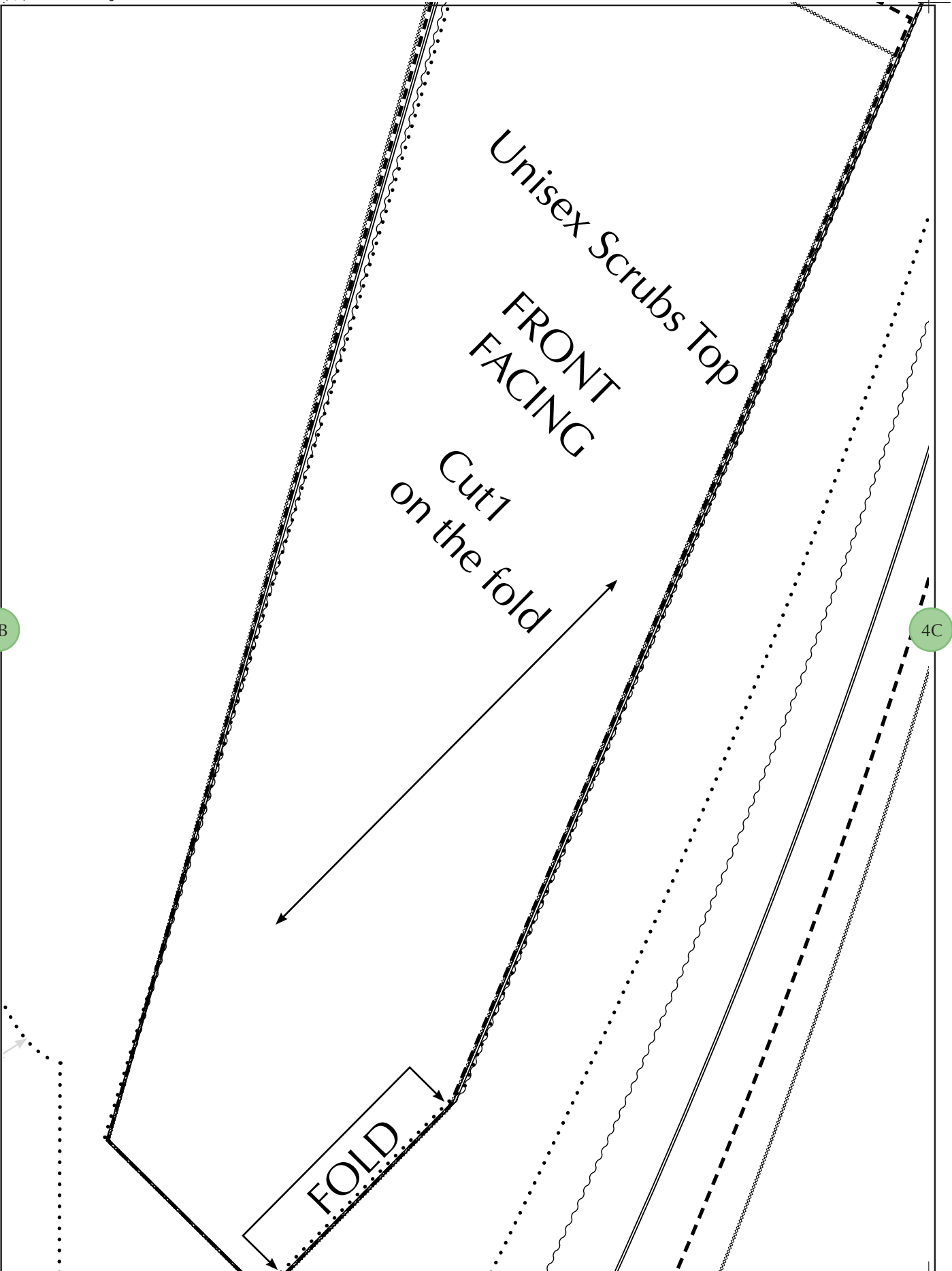
4A

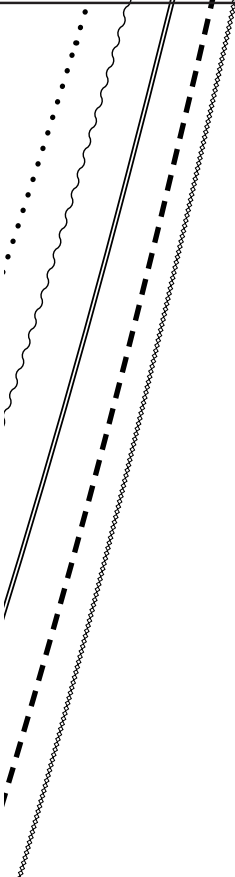


4B

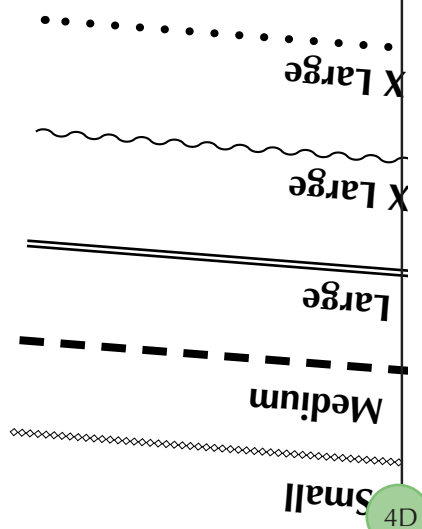


4B





4C



4D

Cut 2  
8 inch seam allowance

BACK

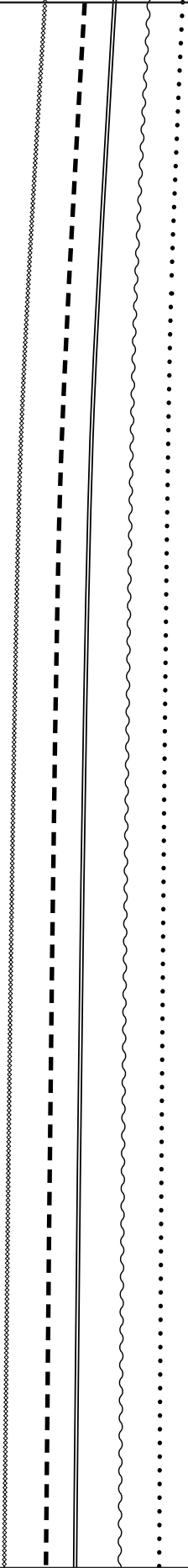
isex Scrubs Trouser  
included

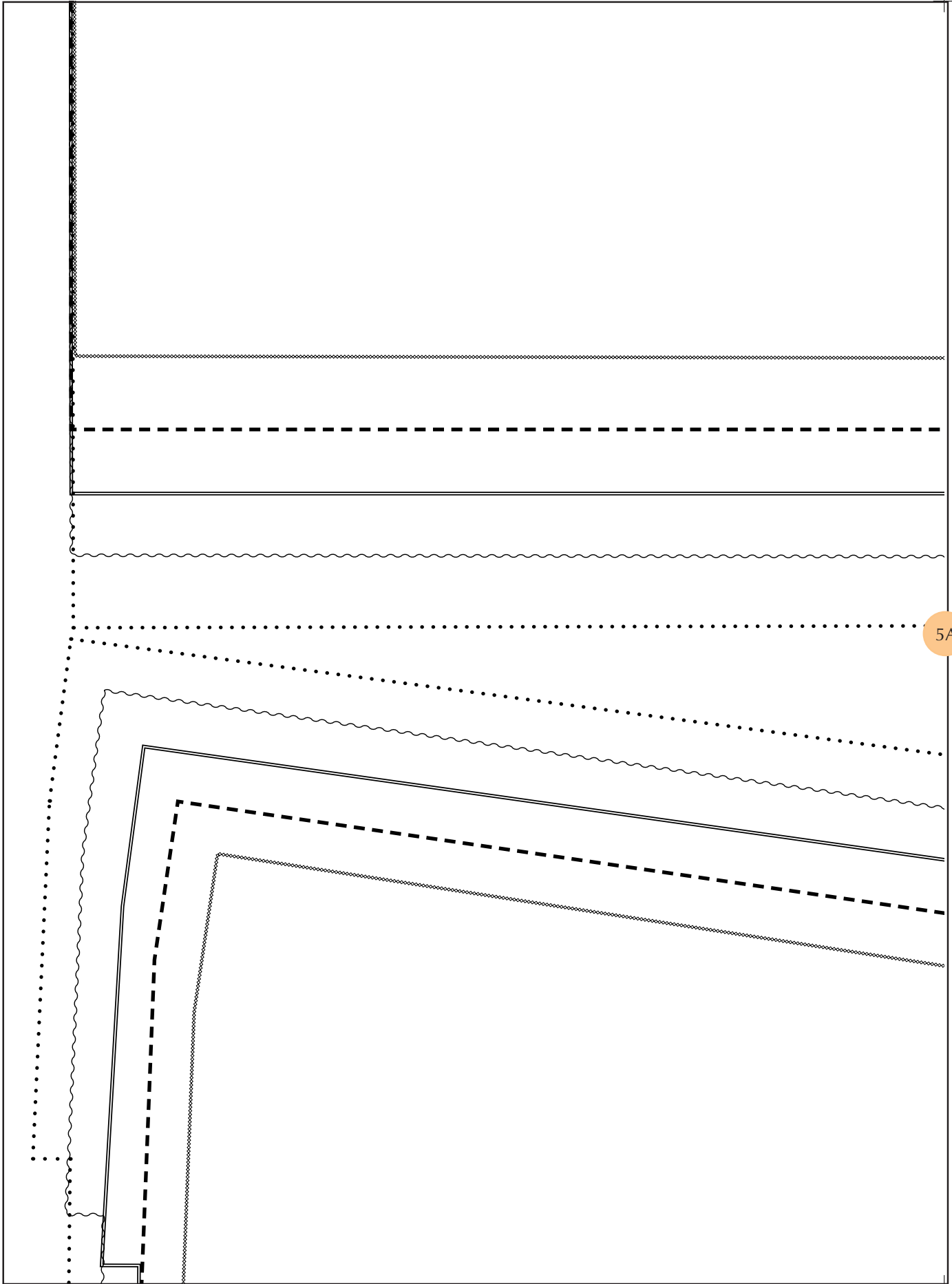
**DIFFERENT**

4D

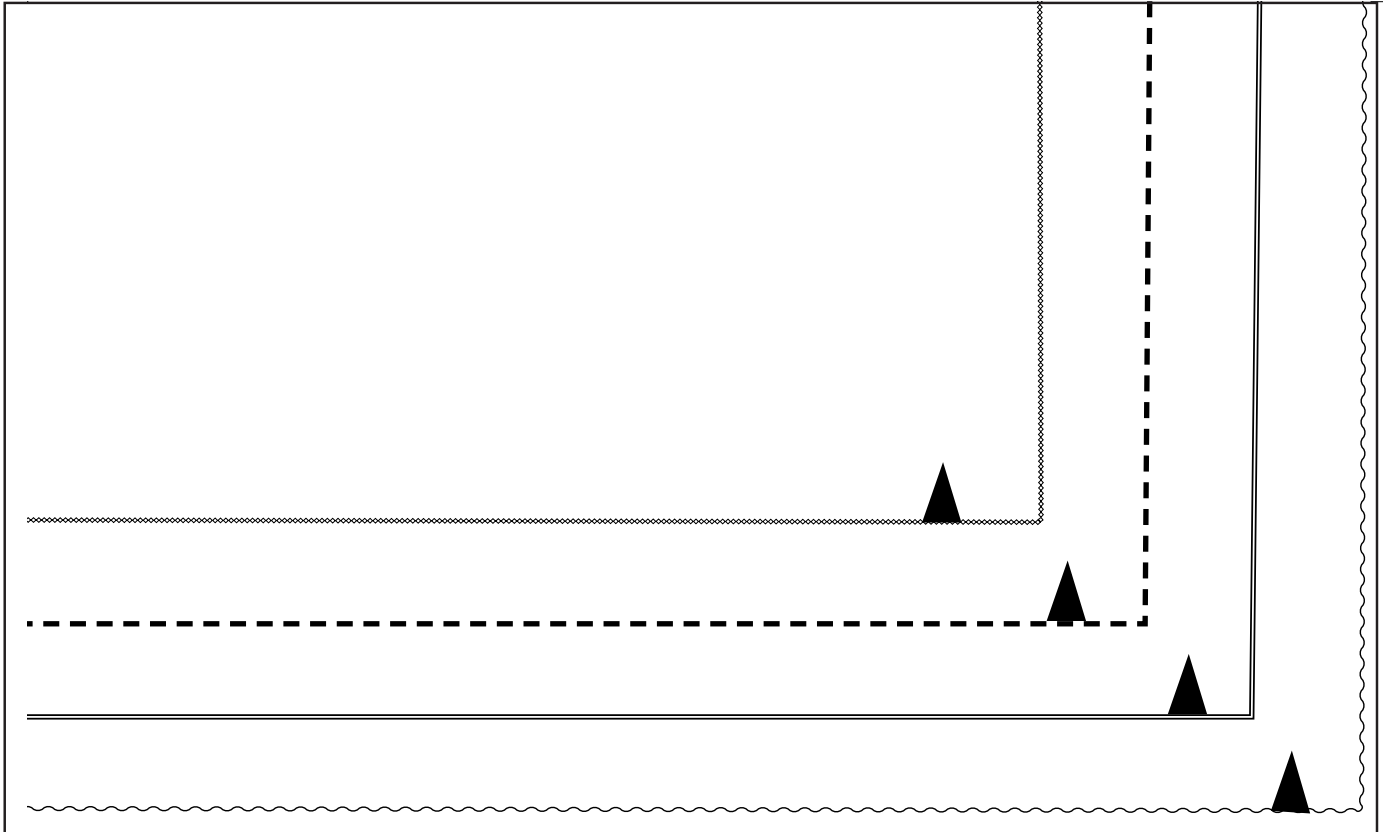
1 cm or 3/8"

Un



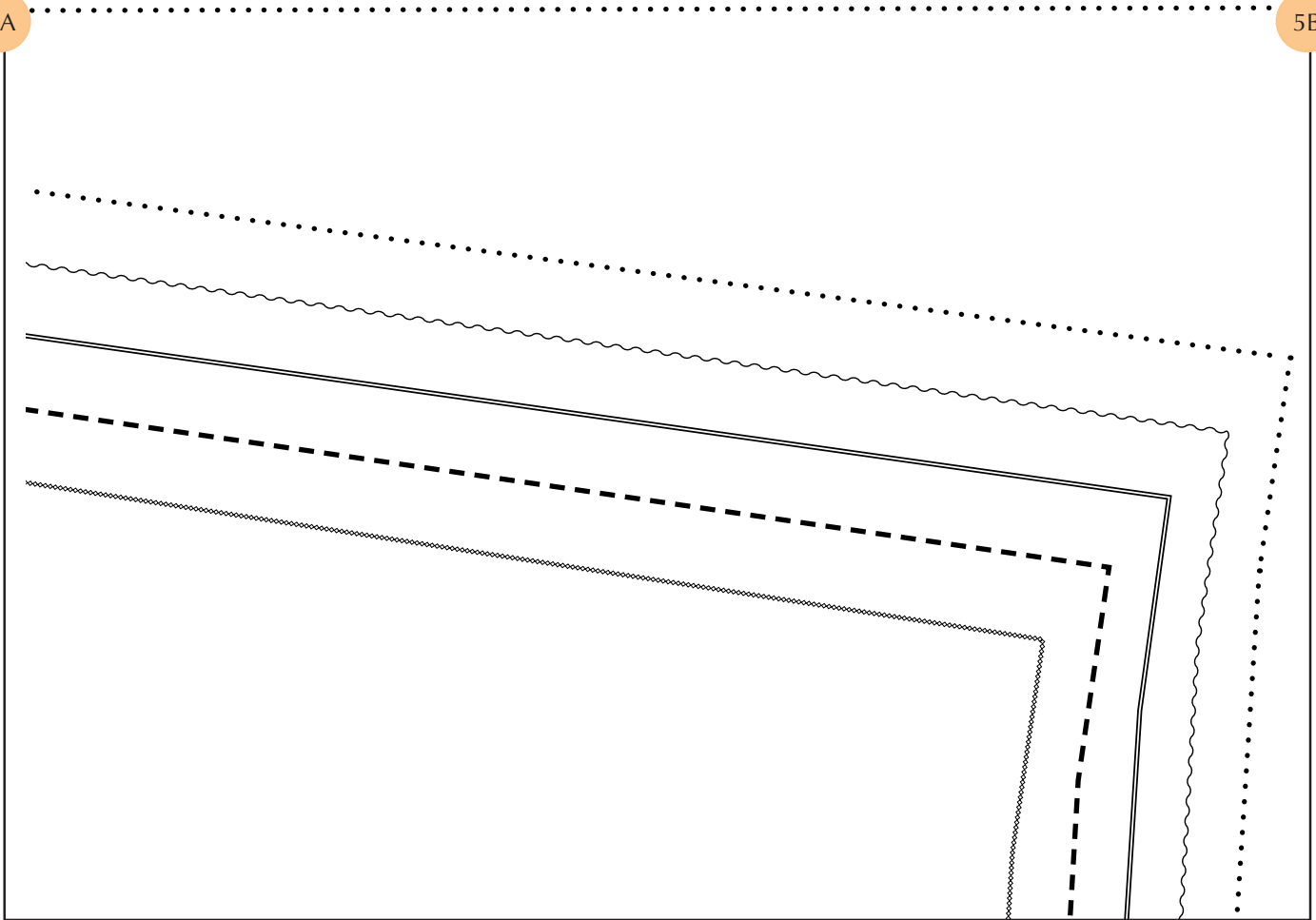


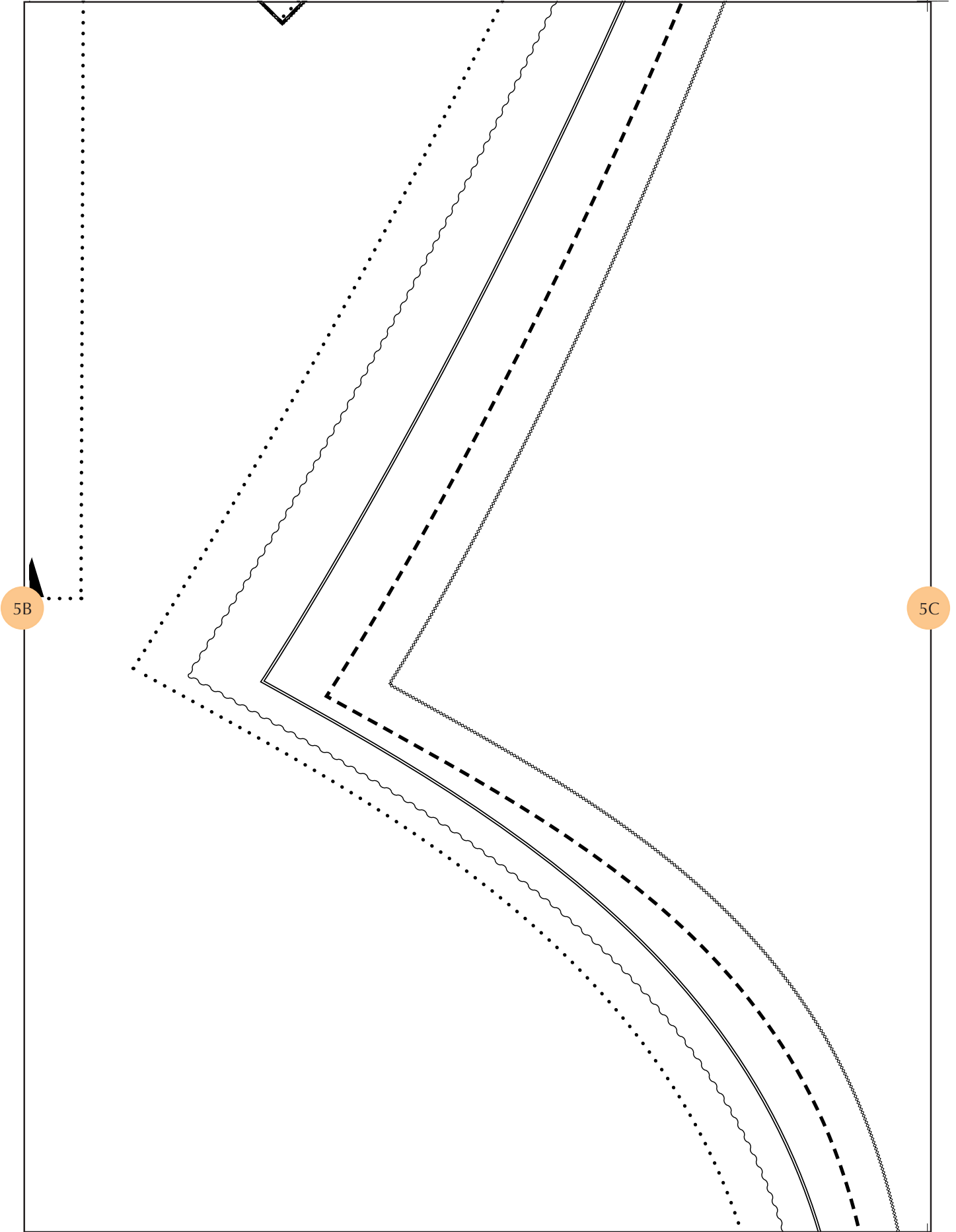
5A



5A

5B





5B

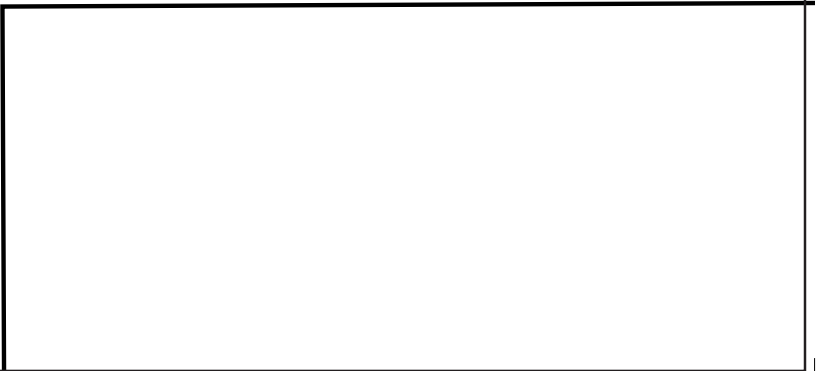
5C



5C

5D

**While this is a free pattern...**  
 Different retains the copyright. This pattern  
 not for resale and is not for public access  
 pt through the Sew Different website. Please  
 NOT post this pattern on other websites or  
 Facebook pages.  
 an also find free video tutorials here:  
[rent.co.uk/scrubs-paper-pattern-not-for-profit/](http://rent.co.uk/scrubs-paper-pattern-not-for-profit/)

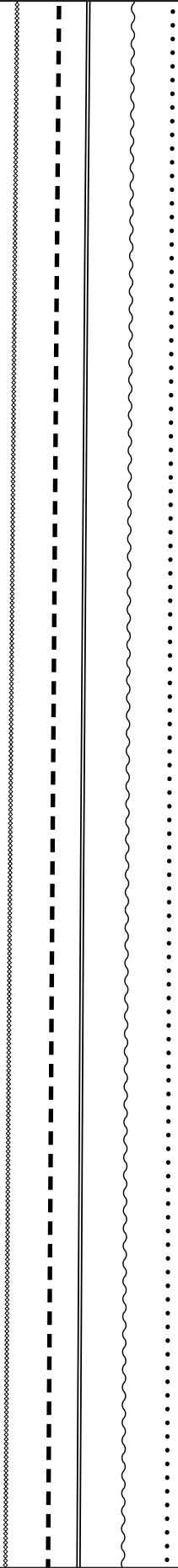
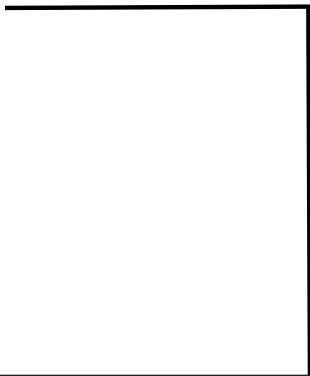


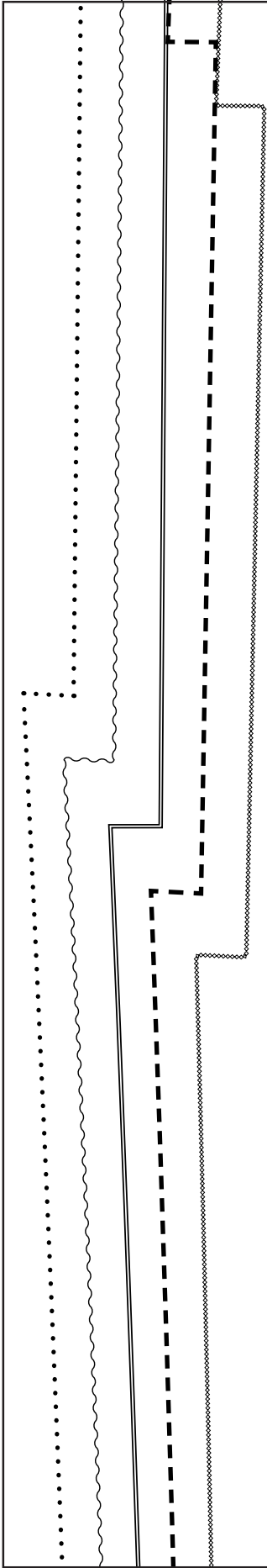




5D

Se  
!  
exc  
de  
You  
www.sewditto





6A

*Seu*  
DIF

Unisex Scru

FROM

Cut 2  
1cm or 3/8 inch se

6A

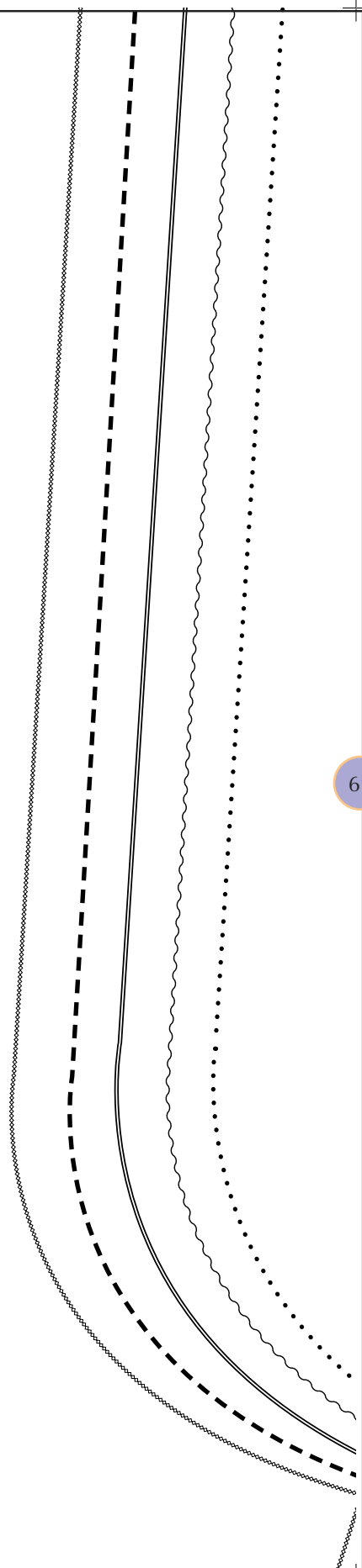
6B



os Trouser

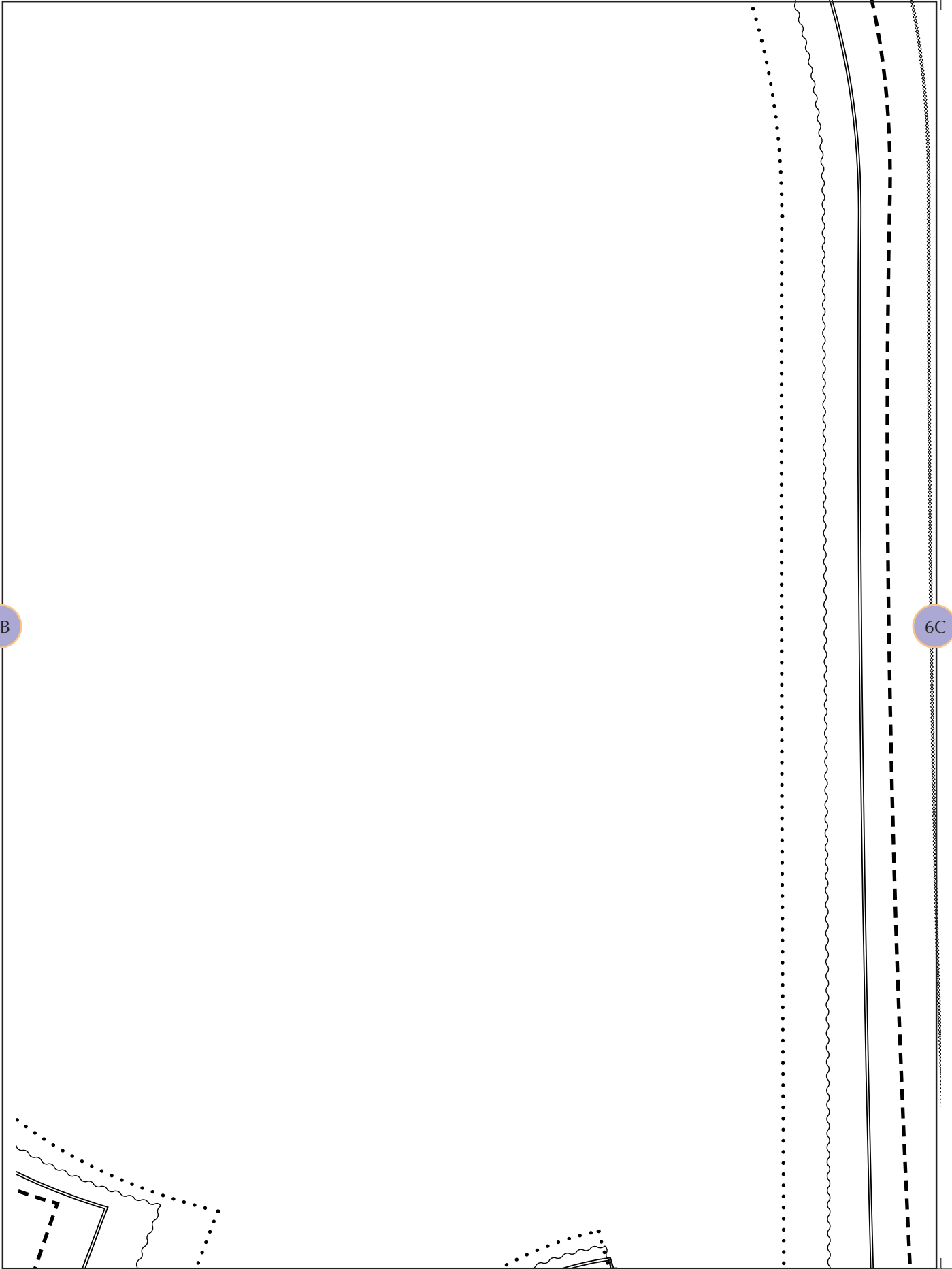
IT

small



6B

6C

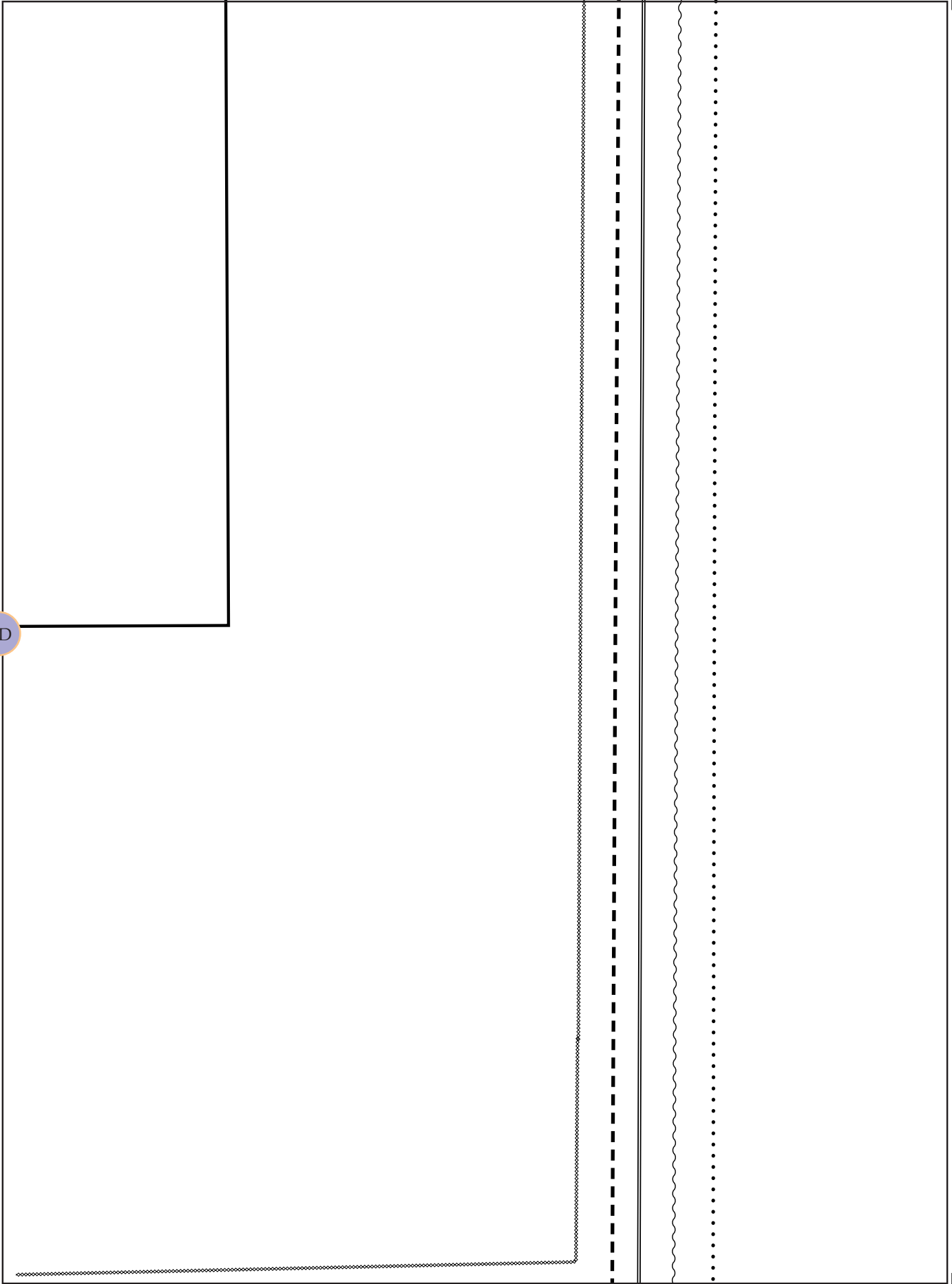


POCKET  
PLACEMENT

6C

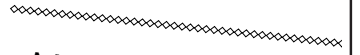
6D

6D



include

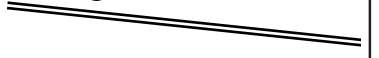
**Small**



**Medium**



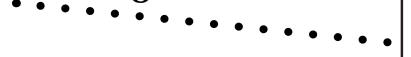
**Large**



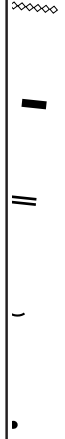
**X Large**



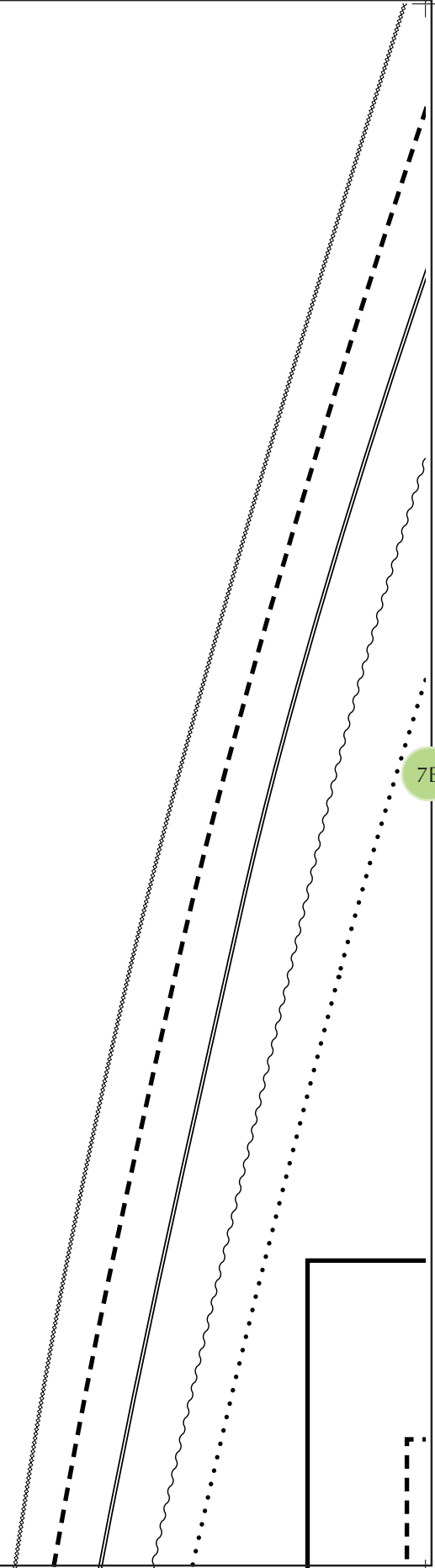
**2X Large**



allowance  
d

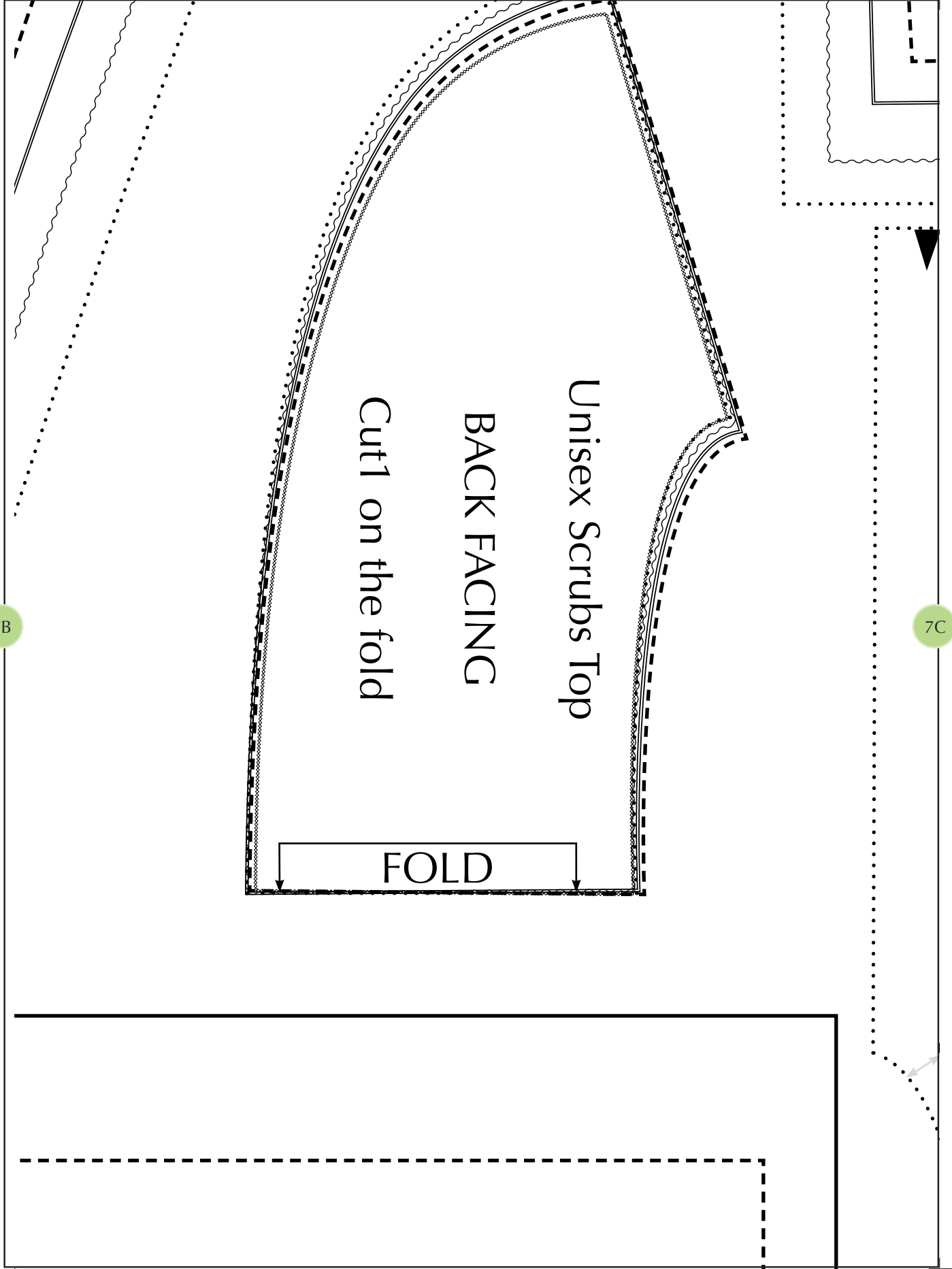


7A



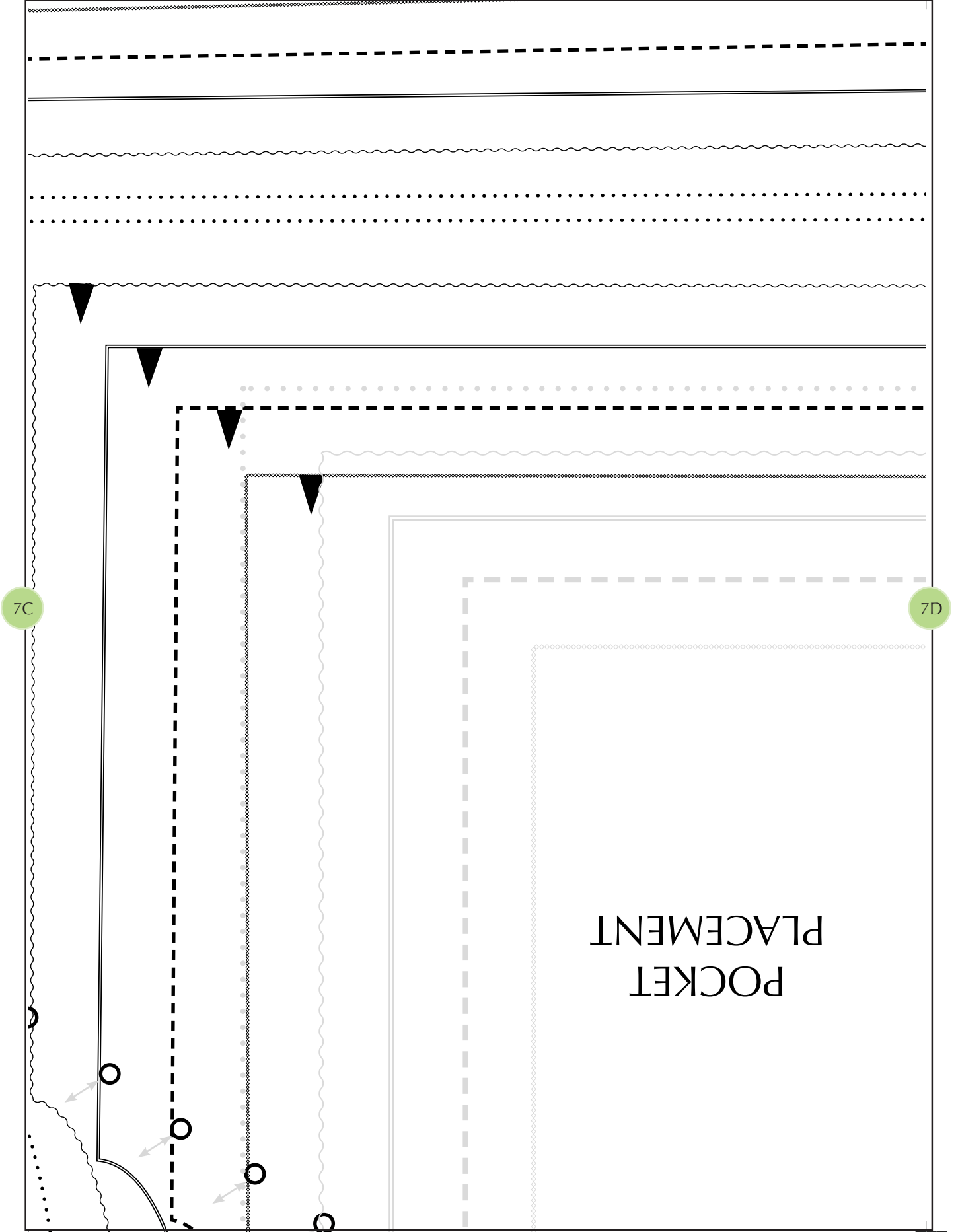
7B





7B

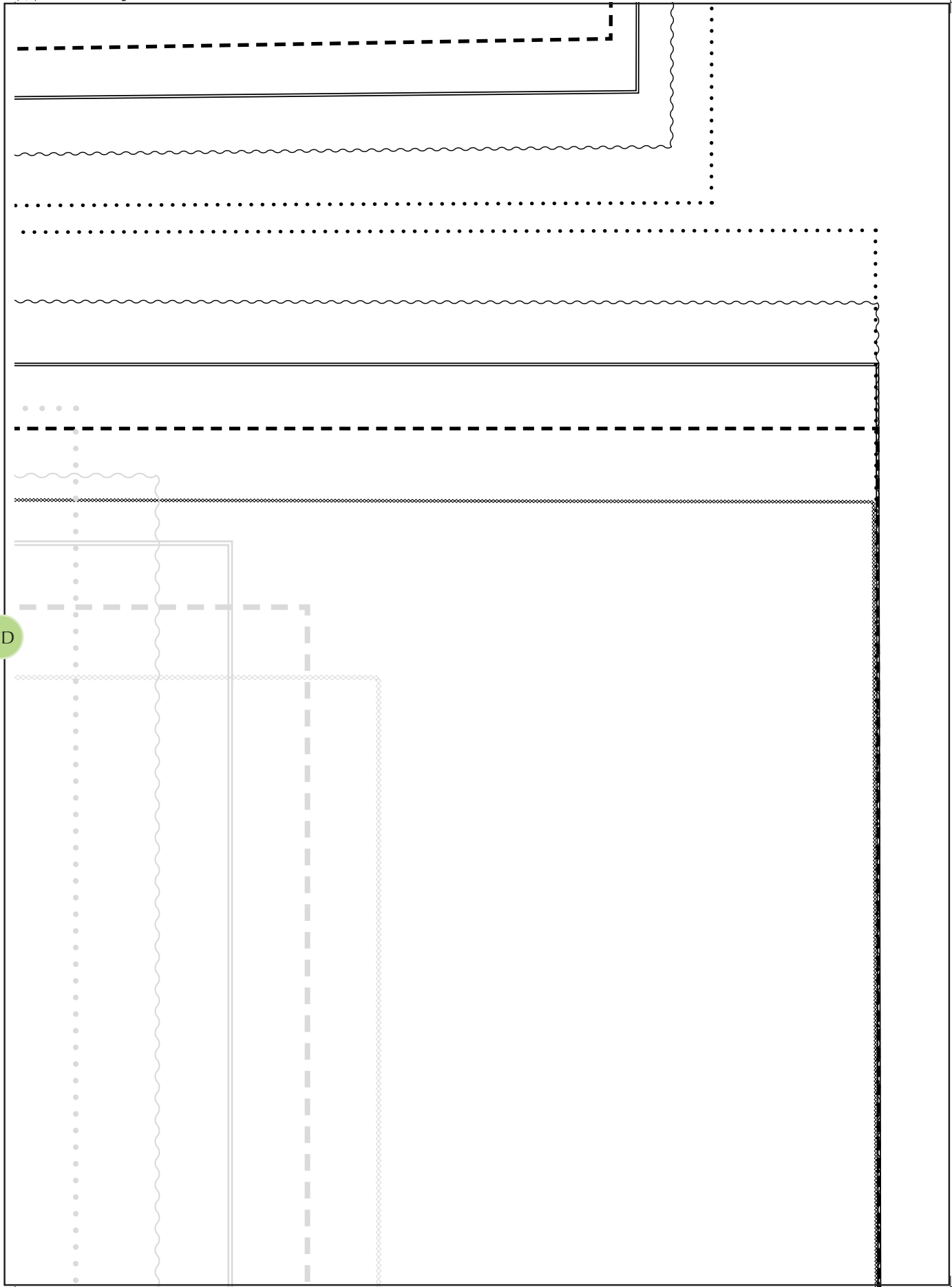
7C



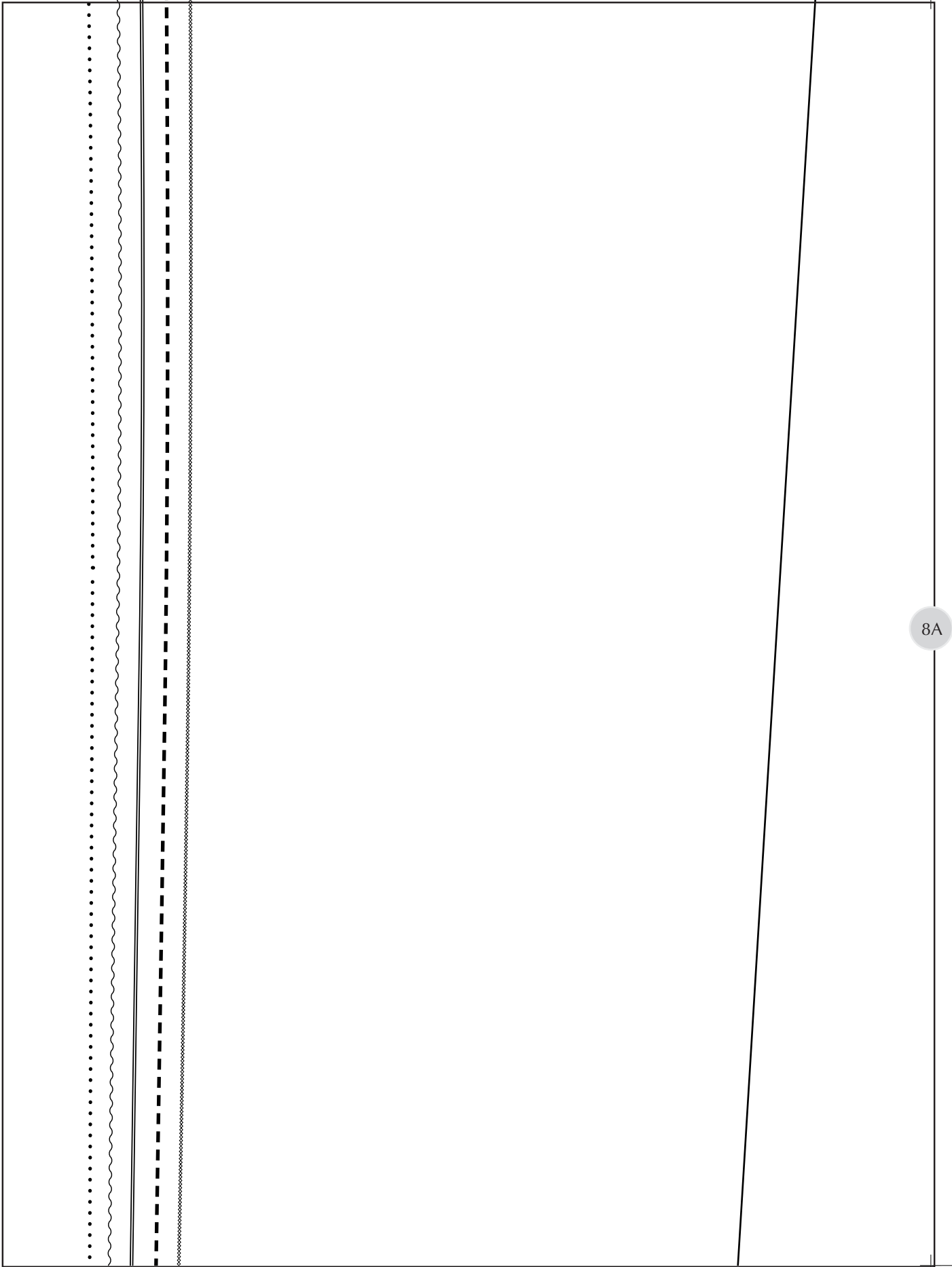
7C

7D

POCKET  
PLACEMENT

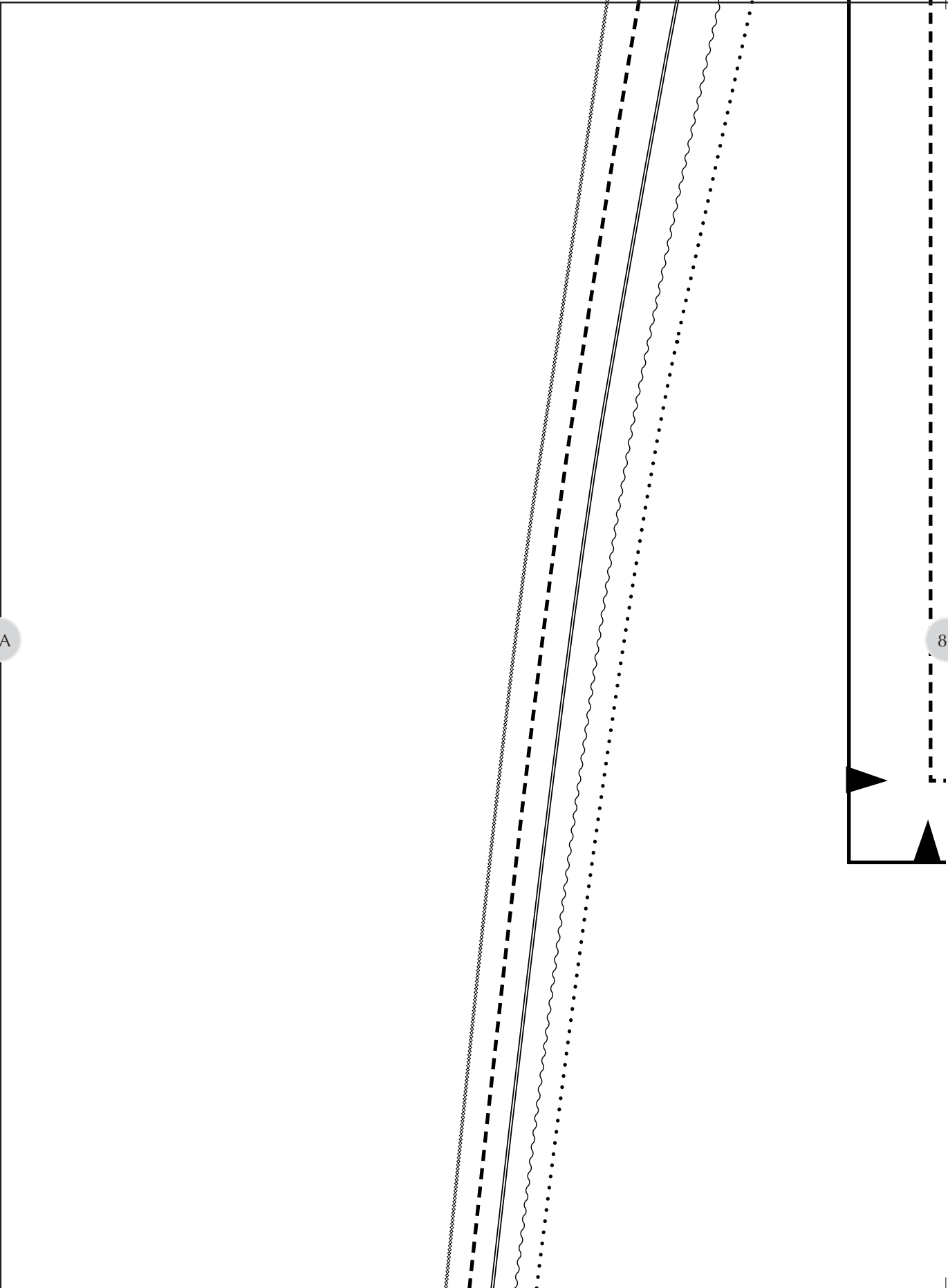


7D



8A

8B



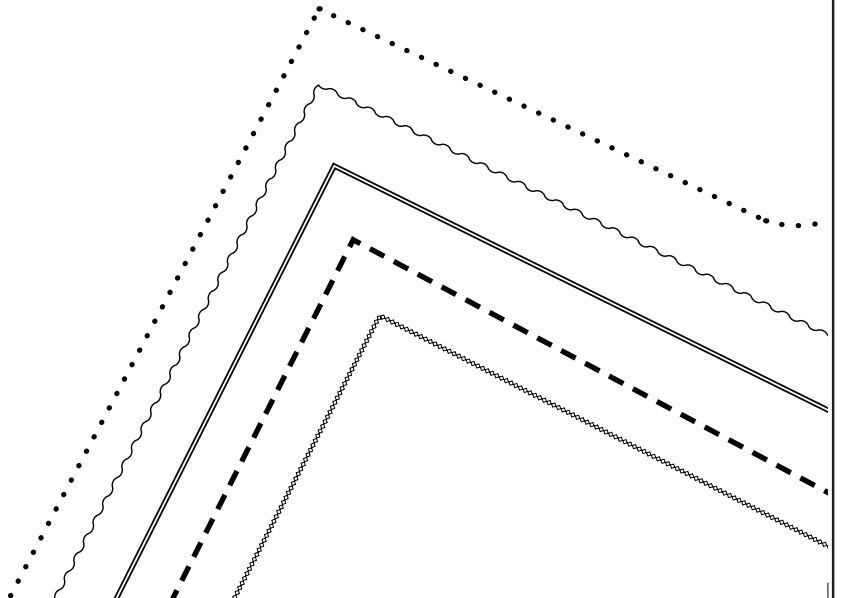
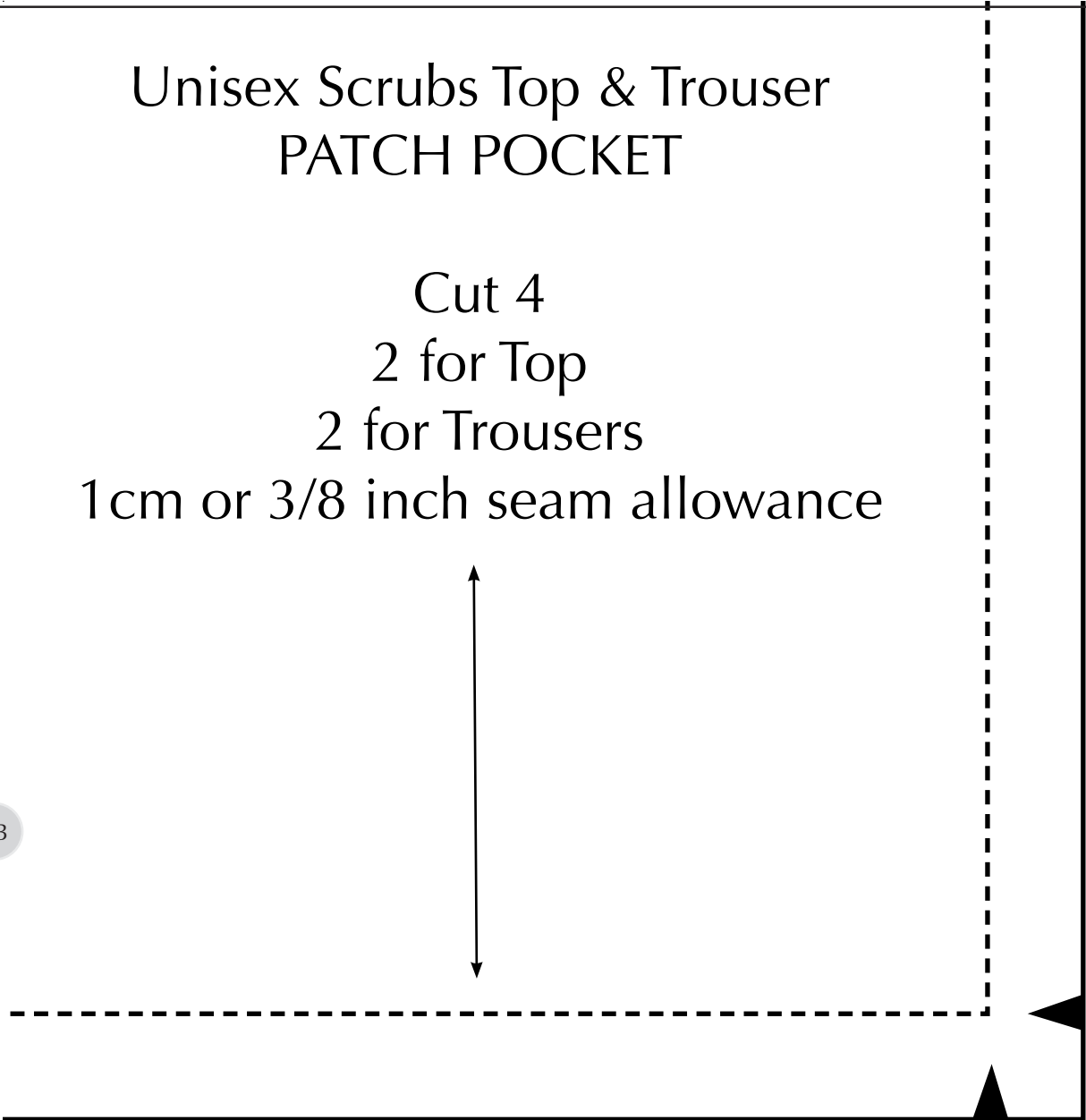
# Unisex Scrubs Top & Trouser PATCH POCKET

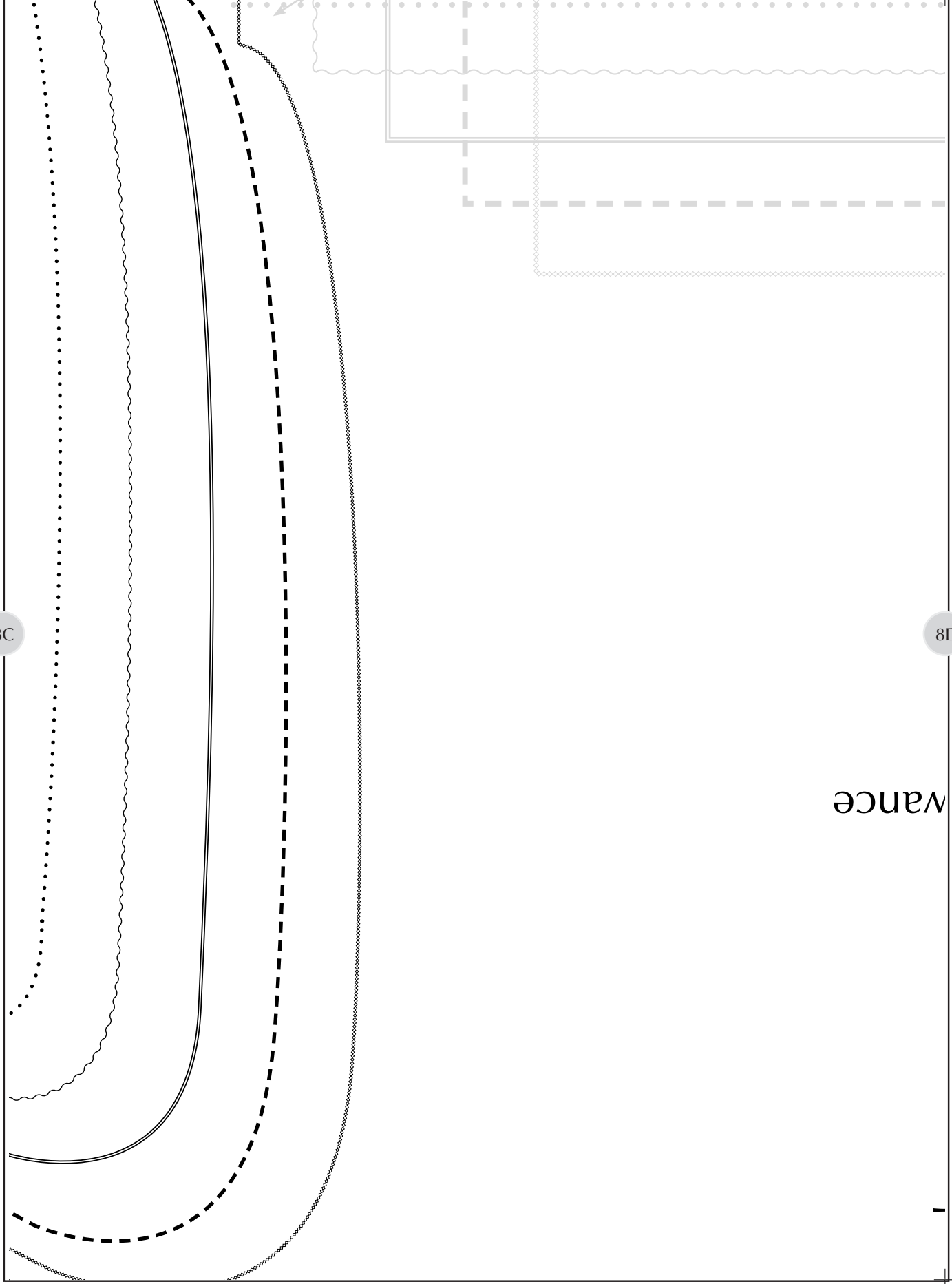
Cut 4  
2 for Top  
2 for Trousers  
1cm or 3/8 inch seam allowance



8B

8C

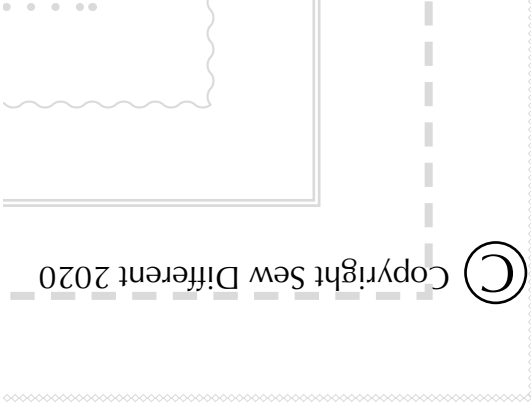




8C

8D

WANCE



- .....  
2X Large
- ~~~~~  
X Large
- =====  
Large
- Medium
- .....  
Small

8D

Cut 1 on the fold  
1cm or 3/8 inch seam allo  
included

FRONT

Unisex Scrubs Top





While this is a free pattern Sew Different retains the copyright. This pattern is not for resale and is not for public access except through the Sew Different website. I do NOT post this pattern on other websites or Facebook pages.

You can also find free video tutorials at [www.sewdifferent.co.uk/scrubs-paper-pattern-](http://www.sewdifferent.co.uk/scrubs-paper-pattern-)

...and for when times are better, you can find our collection of contemporary patterns for women at [www.sewdifferent.co.uk](http://www.sewdifferent.co.uk)



...  
ttern  
ss  
ease  
or

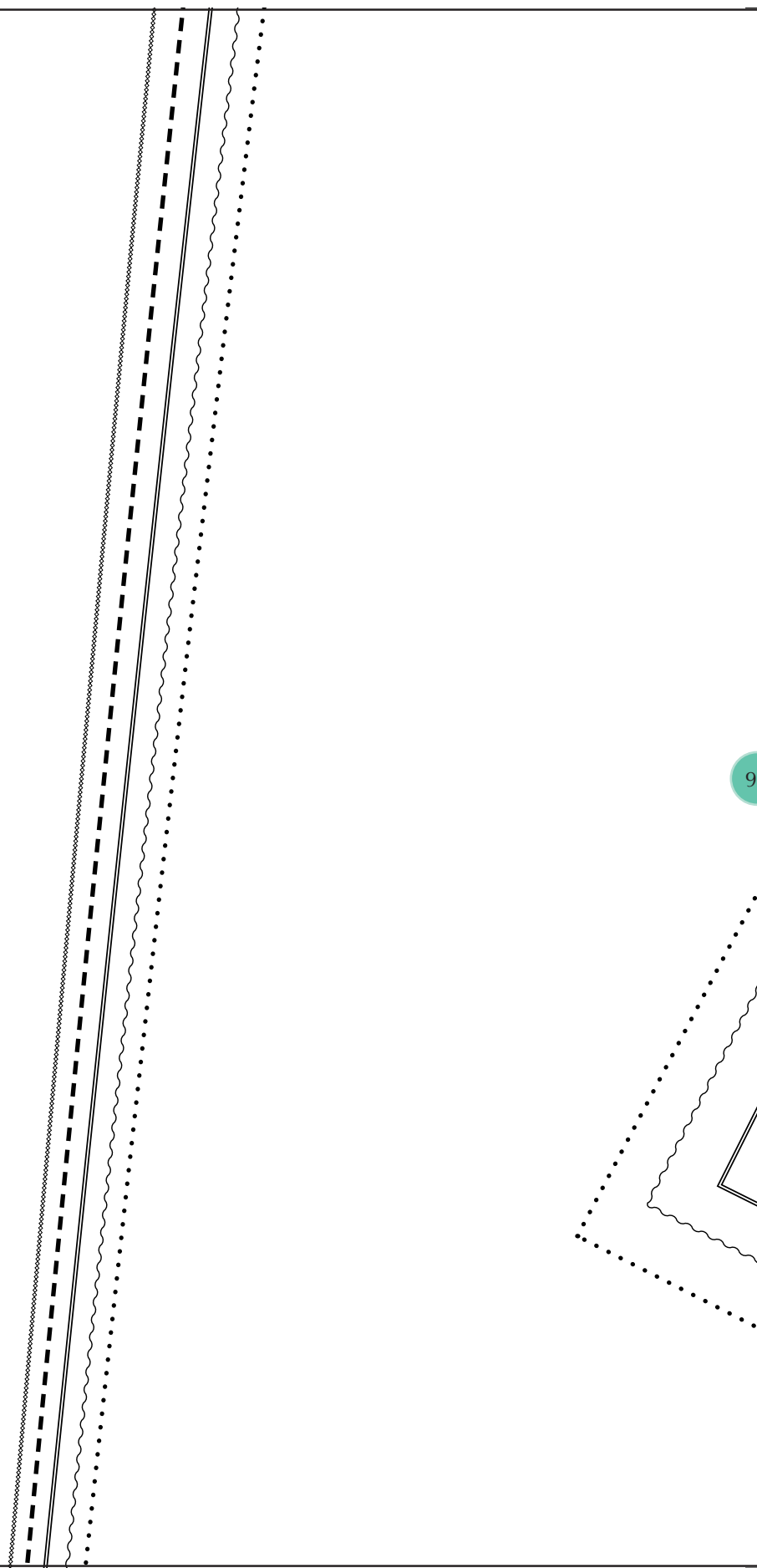
ere:  
ot-for-profit/

id  
nen at:

9A

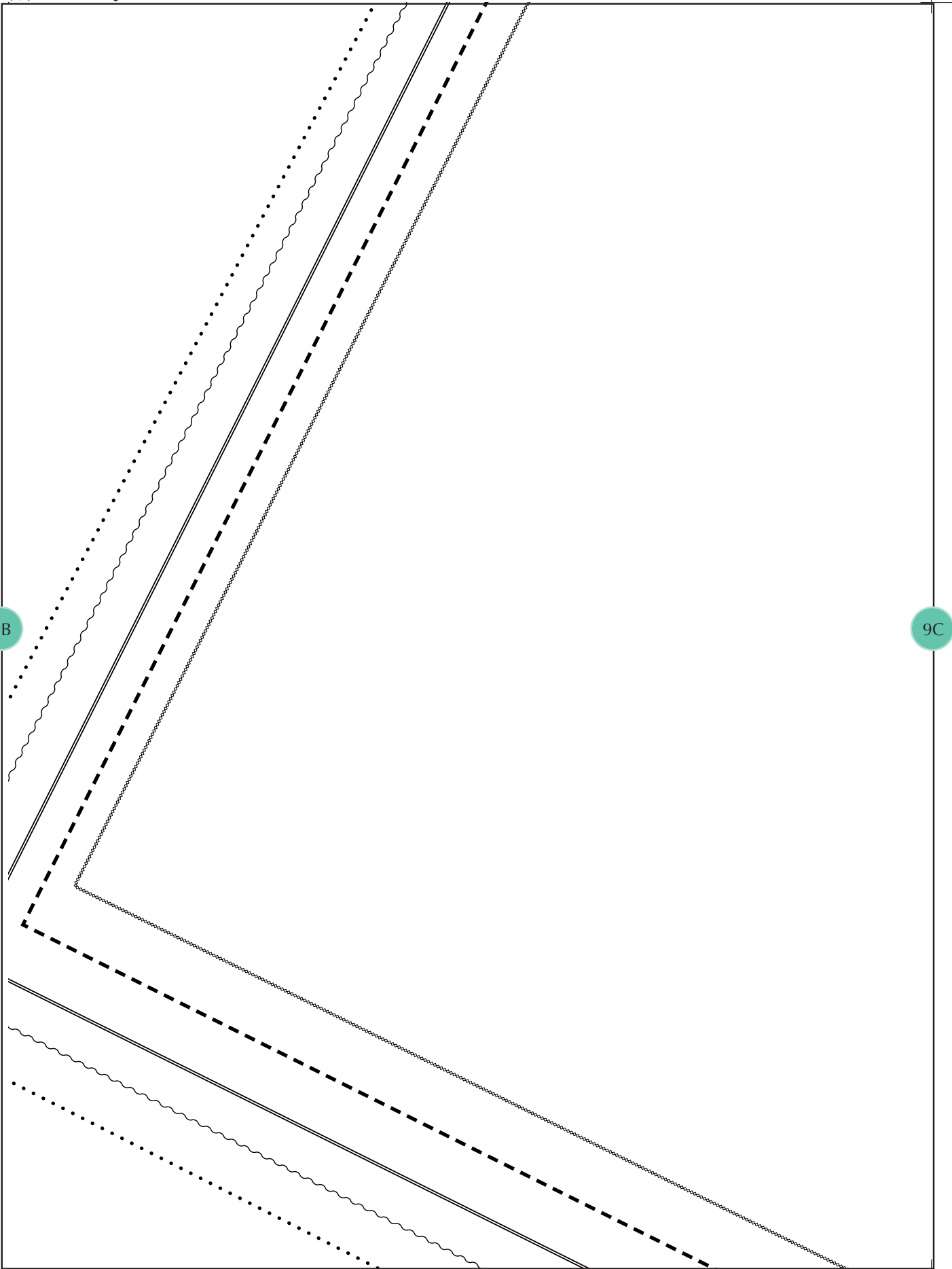


9B



9B

9C



for-profit  
a

9C

9D



[www.sewdifferent.co.uk/scrubs-paper-pattern-not](http://www.sewdifferent.co.uk/scrubs-paper-pattern-not)

You can also find free video tutorials here

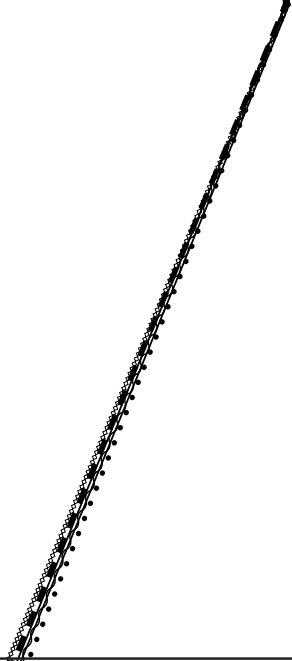
Facebook pages.

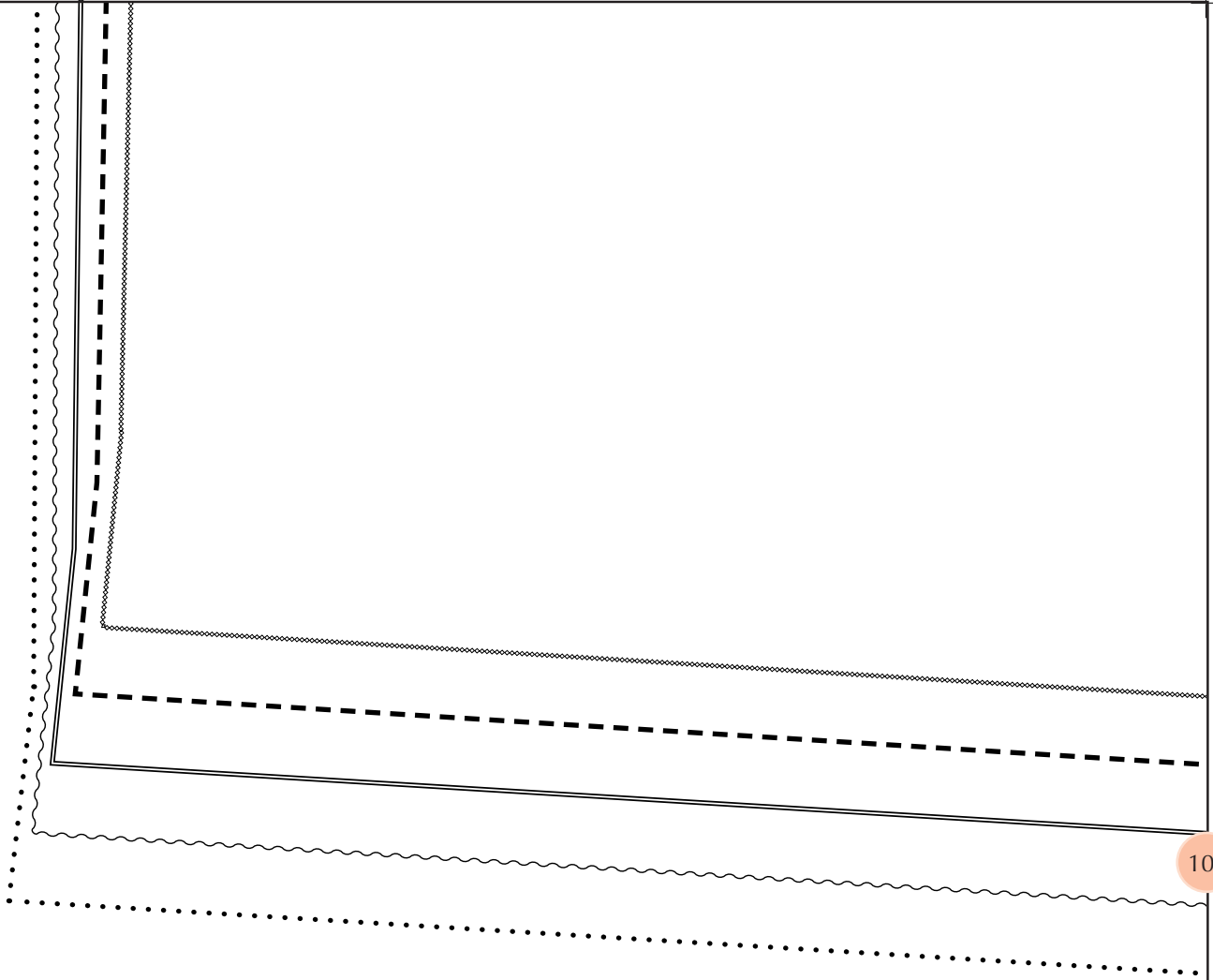
do NOT post this pattern on other websites or  
except through the Sew Different website. Please  
is not for resale and is not for public access

Sew Different retains the copyright. This pattern

**While this is a free pattern...**

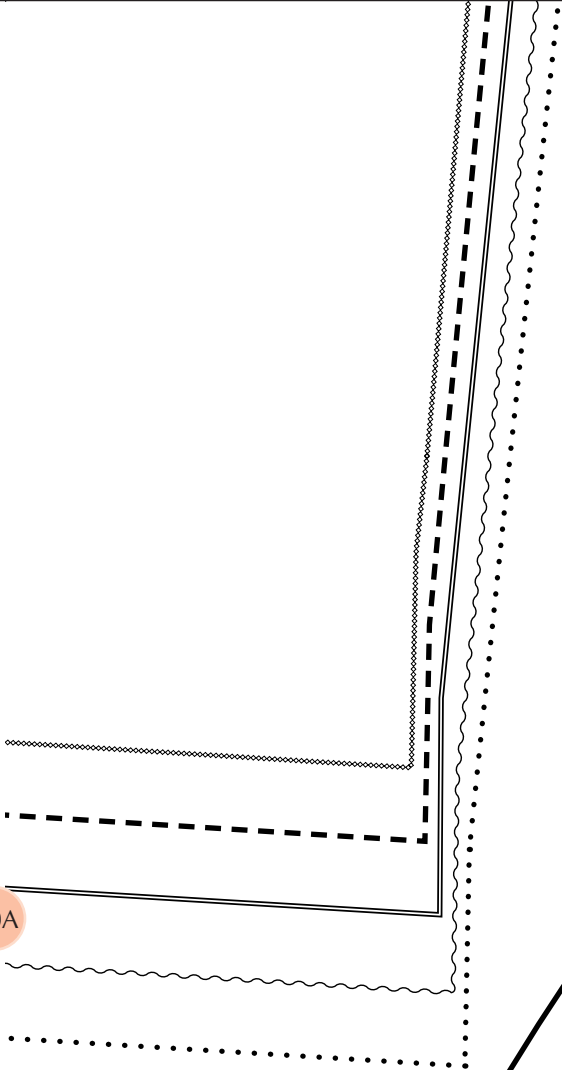
9D





10A

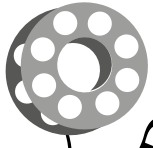
10A



10B



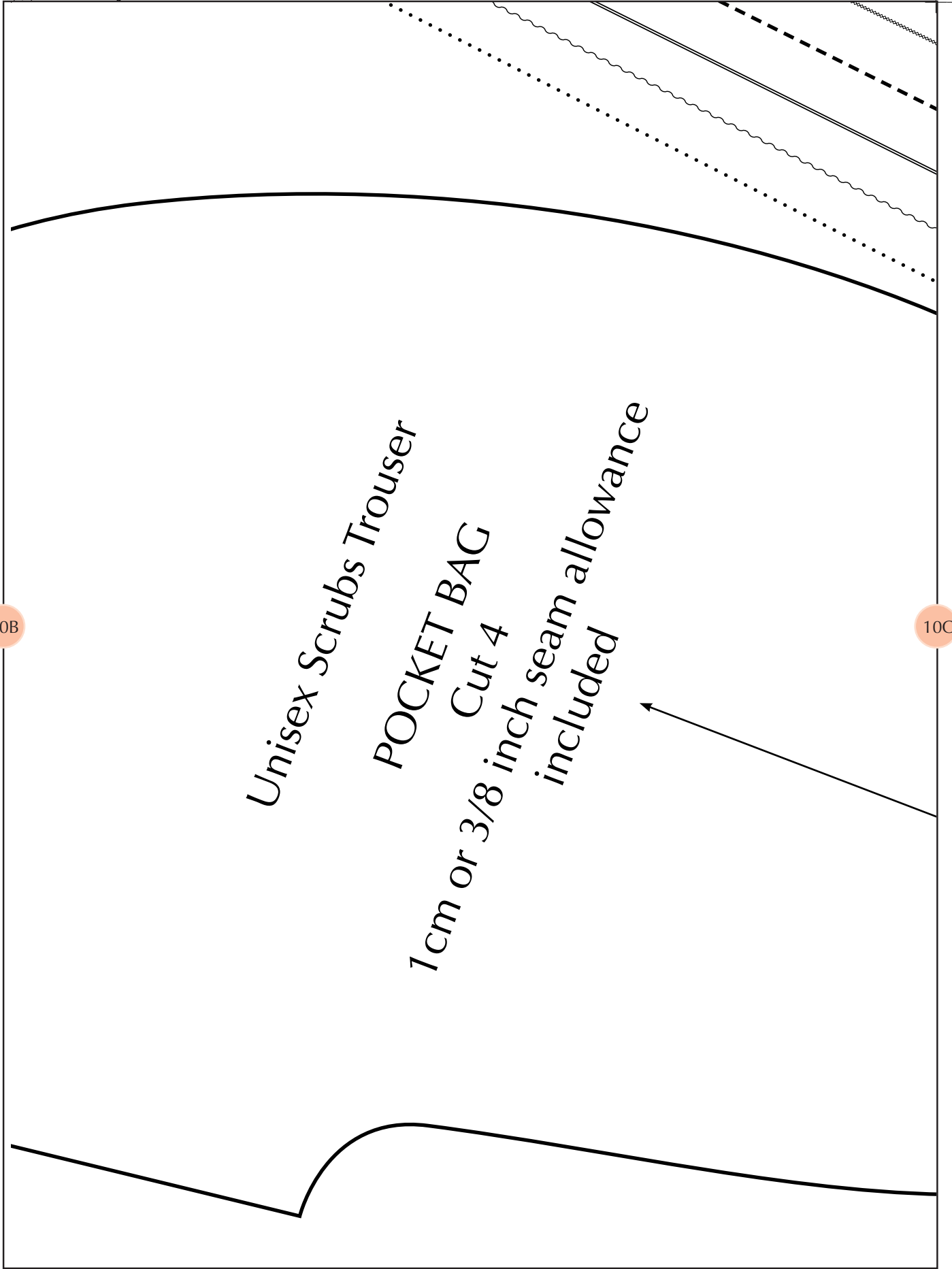
*Sew* DIFFERENT



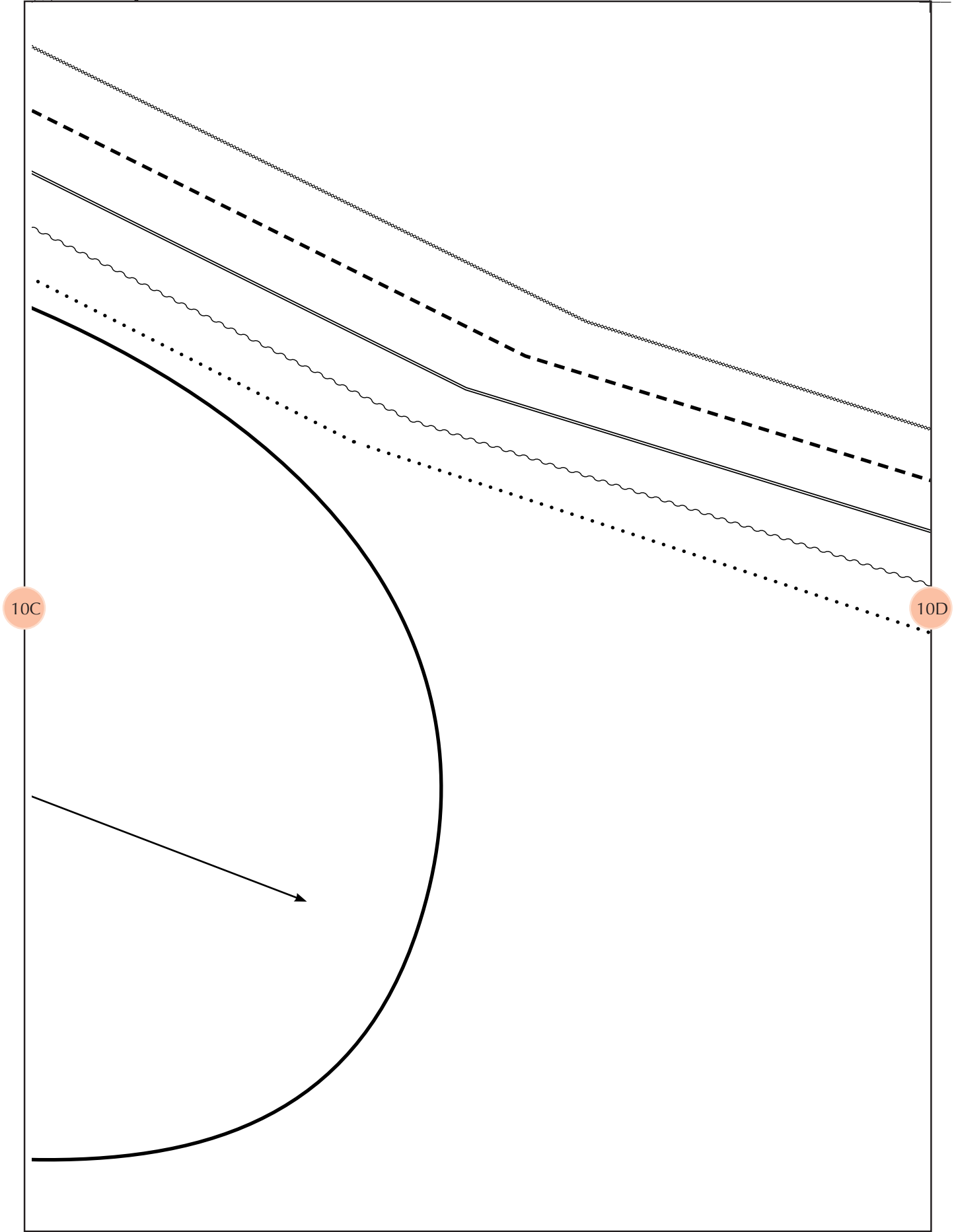
10B

*Unisex Scrubs Trouser*  
**POCKET BAG**  
Cut 4  
1 cm or 3/8 inch seam allowance  
included

10C







10C

10D

