

PartoPants™

Gather all materials and supplies:

- Sewing machine or hand sewing supplies - needle and thread
- Iron and ironing board (or put a sheet folded several times to protect a table top)
- Measuring tape and ruler
- Scissors
- Straight pins
- #2 pencil (soft lead)
- Life size newborn baby doll (Plastic head with cloth body is best, rag doll is okay)
- Scrub pants (size extra large)
- ½ yard or 50 cm of cotton fabric (24-36 inches (60 cm – 90 cm) wide) Use old scrub top/pillowcase
- 10 inches or 20 cm of ribbon/shoelace
- ½ yard or 50 cm of stretchy fabric - “belly band” material or other cotton/spandex material
- ¼ yd or 25 cm of thick stiff material - interfacing

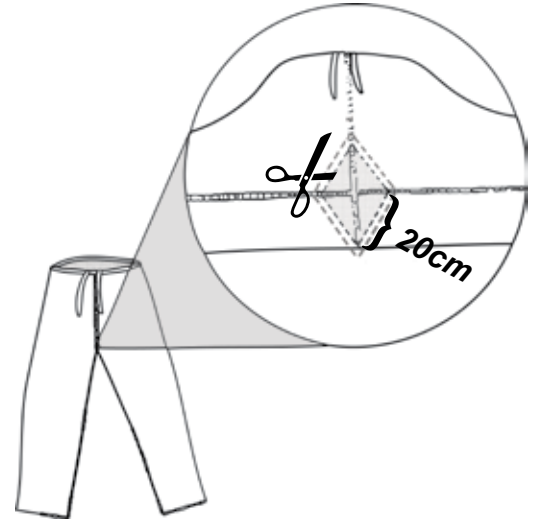
Use 1 cm or ½ inch straight stitched seams to join pieces

Use tight zig zag stitches to bind raw edges of slits

Lay out and cut all pieces:

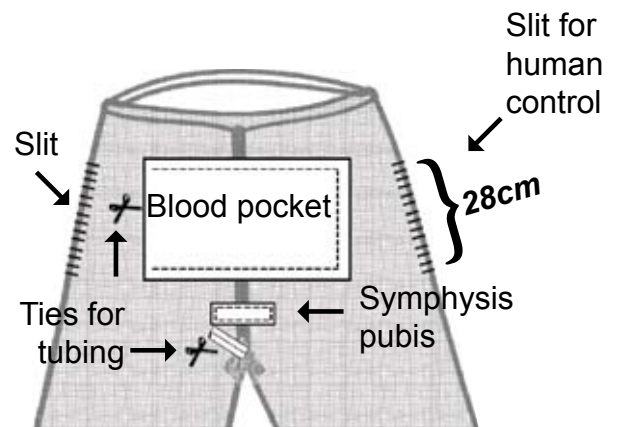
Perineum

1. Rotate pants until the cross-section of the seams in the crotch is facing you.
2. Cut a diamond shape (20 cm on each side) from the crotch.
3. Pass your doll through the opening you have cut - the doll should pass through smoothly.
4. If your doll does not pass through, enlarge the opening by ½ cm on each side.
5. Pass your doll through again. If it still does not fit, enlarge by another ½ cm, try again continue enlarging until doll fits.
6. Measure opening (if you have enlarged it beyond 20 cm on a side)
7. Fold elastic material in half. Using a ruler and the soft pencil, draw a diamond on the stretchy material that is the same size as the crotch opening you have made.
8. Cut through both layers along your pencil line. You should have 2 pieces of stretchy material the exact size as the opening in the scrub pants.



Urethra Tube (UT) and Blood Pocket:

1. Lay cotton material flat.
2. Using your ruler and pencil draw 2 rectangles:
10 cm by 10 cm for urethra
20 cm by 30 cm for blood pocket.
3. Cut along pencil lines.
4. Cut the 10 x 10 cm piece in half so you have 2 pieces (5 cm x 10 cm). With a pencil, mark one “C” and the other “D.”



Symphysis Pubis:

1. Cut a 10 cm by 14 cm piece of the interfacing.

Slit for control by standardized patient:

1. On the scrubs, measure 12 cm down from waist on each side. Make a dot with pencil.
2. Measure and draw a 28 cm line straight down from that dot.
3. Cut a slit along line.

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Construct PartoPants©

1. With the pants laid open (wrong side against sewing machine) and flat, sew a tight zig zag stitch along each slit edge. This keeps the fabric strong so it will not fray.
2. To reinforce each slit, turn pants 90 degrees and sew a 2 cm line of zig zag stitching at top and bottom of the slit.

Blood pocket

1. Fold and iron 1.5 cm along all 4 edges of blood pocket. The side with the raw edges showing is the “wrong side.”
2. Turn the pants inside out (“wrong side” out), and pin the wrong side of the blood pocket to the wrong side of the pants (“wrong sides” together).
3. Using a straight stitch and 1 cm seam allowance, sew the top left and, bottom and sides of the blood pocket (leave right side unstitched).

Construct the perineum

1. Fold each elastic diamond in half. You have 2 triangles.
2. With your pencil label one triangle “A” and the other “B.” The side marked “A” or “B” is the “wrong side”.
3. Place triangles next to each other (folded edges together, wrong side up) to form a diamond.
4. Measuring from bottom, make marks at 2.5 cm (J); 4.5 cm (I); 7 cm (H).

Make UT piece

1. Pin the short (5 cm) edge of the UT piece “C” against the folded edge of triangle “A” (wrong sides together). Place the top edge of “C” at the top point of “A.”
2. Measure 1.5 cm down from top of UT and mark with pencil. (E)
3. Measure 3.5 cm from top of UT and mark with pencil. (F)
4. Also make a pencil mark on the triangle 6.5 cm from top. (G)
5. Sew “C” to “A” between “E” and “F” with 1 cm seam allowance.
6. Repeat with UT “D” and Triangle “B”
7. Place “RIGHT” sides of the triangles together. Pin together at the pencil marks.
8. Using a 0.5 cm seam allow and sew the 2 triangles together between: top point and “E”; “F” and “G”; “H” and “I”; “J” and bottom point.
9. Fold the urethral pieces right sides together and join using a 1.5 cm seam allowance (dotted line).
10. Unfold the triangles and you have the finished perineum.
11. Pin the edges of the right side of the new perineum to the edges of the right side of the diamond shaped opening in the pants.
12. Sew together using straight stitches and a 1 cm seam allowance.

Ties to secure tubing:

1. Cut two 5 in/10 cm pieces of ribbon and tack middle of each to pants at the right side of blood pocket and at lower edge of perineal opening.
2. Create the symphysis pubis.
3. Fold the 14 cm x 10 cm rigid interfacing 4 times so that the dimensions are 10 cm x 3.5 cm and sew below the pocket, just above the point of the diamond.

