

Directions for Port Pillows for Cancer Patients

4 1/2" x 7 1/2" pillow

What are port pillows?

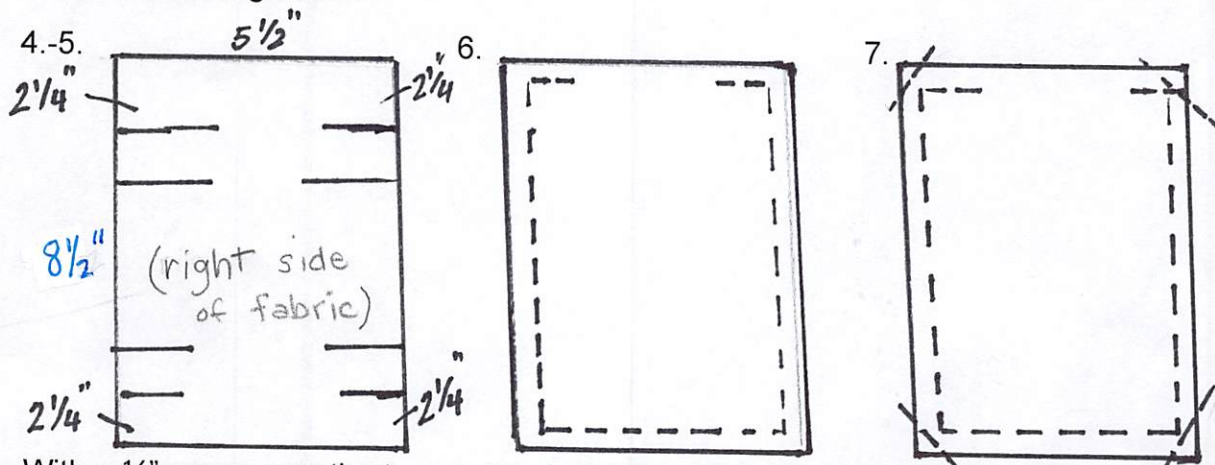
A port pillow is a small pillow that covers your portacath to protect it from the seatbelt when riding in a car. Seatbelts can irritate the site of a portacath if driving for a long period of time. Port pillows are designed to reduce irritation and relieve this discomfort.

Materials

1. Cotton fabric (or any desired fabric)
2. Sew-on 5/8" Hooks and Loops (Velcro)
3. Scissors
4. Polyester fiberfill

Directions

1. Cut two pieces of fabric into rectangles that measure 5-1/2" x 8-1/2".
2. Cut two pieces of Velcro that measure 5" long.
3. Choose one piece of fabric and leave the second for step 6.
4. On the left side of the fabric, stitch one Velcro strip 2-1/4" from the top and another 2-1/4" above the bottom – soft side of Velcro facing up – leaving the other ends free.
5. Take the other part of the Velcro strips and stitch them to the opposite (right) end of the fabric (2-1/4" from the top and 2-1/4" from the bottom) – scratchy side of the Velcro facing down.



6. With a 1/2" seam, sew the two rectangle fabrics right sides together. Sew all the way around leaving an opening 4" wide at one end (be sure not to catch "free" ends of the Velcro pieces in the seam).
7. Trim the corners at an angle.
8. Turn the fabric right side out.
9. Stuff the pillow with polyester fiberfill until very firm and stitch the opening closed to finish.