

PORTACATH PILLOW

You know how irritating it can be when the seatbelt rubs against your neck and chest? Imagine what it is like with a surgically inserted port in the chest for the infusion of medicine for cancer patients? This little pillow attaches to the seat belt of the car to protect that area. It is a simple sewing task with great results. It can be moved to the driver's side or passenger's side with little effort.

For the construction of the pillow, use any **quality cotton, flannel, or Minky**. I use a pretty patterned cotton on one side and Minky on the other side that will lay against the person's chest. Don't worry about which side the Velcro goes on because after it is completed, you can flip the pillow through the Velcro so it goes on either side. It is fine to use a good cotton quilting fabric on both sides as well.

Remember, everyone is susceptible to illnesses. When you pick your fabrics, think about women, men, young, and old, sports enthusiasts as well as book readers. Sports teams, hunting and fishing motifs, and university teams are good as well as the traditional flowers and patterns. What fun fabric do you have in your stash that makes you smile?

Use the ½ inch **Soft and Flexible type of Velcro or any hook and loop product**. The Soft and Flexible is a bit more expensive but much more comfortable than the standard hook and loop product. If you have some stiffer product you want to use up, just trim the corners into curves so there aren't pokey ends. **DO NOT USE ADHESIVE-BACKED PRODUCTS**. They won't hold up under constant use.

The stuffing to use is a standard **polyester fiberfill** you can buy at any craft store.

For detailed information on construction and photos, see the Pinterest site:
<http://www.abbieandeveline.com/2014/09/12/my-recipe-for-portacath-pillows>

INSTRUCTIONS

Supplies: material (cotton or other), hook and loop product, thread and regular sewing supplies.

Instructions:

- a. Cut two pieces of fabric 4 x 7 inches for the front and back of the pillow. Don't get hung-up on this exact size. If you are close, that is fine.
- b. Cut the two pieces of the hook and loop product to 3 ½ inches. Release the pieces and reposition so they measure 4 inches. A bit of each side will NOT be covered. That is the way it should be. These ends will be sewn into the seam.
- c. Place the hook and loop product in the middle of one of the pieces of fabric. Pin in place. Make sure it will be caught in each seam.
- d. Place the second piece of fabric over the first, right sides together. Pin in place.
- e. Sew the two pieces of fabric together around the perimeter using about a ¼ seam. Leave about a 2 inch opening so you can turn it right-side-out.
- f. Trim the corners to produce a sharp corner when turned right-side-out.
- g. Turn right-side-out.
- h. Stuff with polyester until it is firm to the touch.
- i. Close the opening by hand with a ladder stitch or use your sewing machine. Viola! You are done.

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