

Sewing Instructions 2024

Items that need to be made for Bongolo Hospital

1. Rolled sheet bandages

Widths should be 3", 4" and 5". The diameter of the bandage when rolled should be 2"-3". Be sure and secure the end of the bandage with a stitch or a torn long piece of material, NOT rubber bands or ribbons.

2. OR table and delivery table covers

Use flat sheets twin or full-size, any color, out of cotton or cotton/polyester. Fold sheet in half so it is 48" x 66" (twin) or 48" x 81" (full). Zig-zag around the entire doubled sheet, including the folded side, close to the edge. Then measure half-way down (33" or 40.1") and sew across the sheet.

3. Mayo stand covers

Use flat, white bed-sheets (not flannel) to make what are essentially long pillowcases, except the closed end should be a double thickness. One way to do it is to cut your cloth 38" by 72". Turn under and hem both short edges. Lay the fabric lengthwise, right side down. Fold the right end back 18" with wrong sides together. Iron and sew across hemmed edge to secure. Then fold entire piece lengthwise, with right sides together. Sew long edge and doubled short edge. Turn right-side out and press. When finished and laid flat, it should measure approximately 18" x 54".



Mayo stand

4. Eye drapes for surgery

Drape fabric may be flat, white bed sheets (not flannel) or other cotton or cotton/ polyester blends. Surgeons also will accept solid colors like light blue or light green. No prints.

Instructions below are for double-thickness. Single-thickness with hemmed raw edges is acceptable if the drape fabric is thicker.

INSTRUCTIONS:

1. Double drape fabric with right sides together. Cut two 42" x 45" rectangles.
2. Seam all four edges, leaving an opening to turn right side out.
3. Turn and press, stitch opening closed.
4. Sew around entire rectangle 1/2" from edge; also sew an "X" from corner to corner.

Single-thickness example



5. Draw a 2.5" diameter circle on a 3" x 3" piece of wash-away stabilizer.
6. Pin the stabilizer at the center of the width (21"), and at 1/3 of the length (15").
7. Stitch twice around on the drawn circle using a straight stitch.



8. Cut out the holes in the 2 layers of fabric, leaving the stabilizer intact.
9. Zigzag over the stitching, going around a couple of times to keep it from ripping.
10. Cut away most of the stabilizer, both inside and outside the circle.
11. Finally, wash the stabilizer away by soaking in warm water or laundering.



Close-up of 2.5" hole

5. Sterilization wraps **finished sizes 36" x 36", 48" x 48", 54" x 54" only**

You can make them out of gently-used cotton and cotton/polyester material or sheets or old cloth tablecloths. Don't use flannel as it is too loose a weave. Preferred colors are blue, green or white solid (others accepted though). They can be pieced together if you don't have enough material to make these sizes. To make them, cut the material 1/2" larger on each side than the size wanted. They are to be double-thickness, with the seams on the inside. After sewing the two pieces of material, turn it right-side out, sew a seam about 1/2" around the entire square, and then an "X" from corner to corner. This way, when they are washed, they will stay in place.

6. Homemade sanitary pads

They prefer the ones that are a full pad with flaps all in one piece rather than the pack of fabric cover/flaps plus the multiple pads that get replaced. They don't want many of these.

*** Note:** They don't need any mama packs, as they have enough for at least 2 years now.

If you have any questions, please feel free to call Coleen Lofgren at 218-245-2706 or by e-mail at coliemark@gmail.com.