

How to make a IDC (Drain Bag) Cover with adjustable strap with tab

Tell me about drain bags

Drain bags are worn to disguise and carry surgical drains following surgeries. Sometimes individuals are sent home with drains; these are sometimes in place for up to 2 weeks.

Drain bags can be worn under clothes, meaning patients can still go out without carrying uncomfortable drains. When finished these bags should measure approx. 32cm wide and 32cm in depth. The strap is designed to be tied off through the tab so that the length can be adjusted and therefore suitable for people of different height.



You will need:

For the bag • Cut 1 rectangle of fabric measuring 70 cm x 35cm.

For the adjustable strap - • Cut a strip of fabric measuring 13cm x 8cm (tab)

- And another measuring 140cm x 8cm (strap)

To make the bag: -

1. Place the bag fabric right sides together, sew along the side seams using a 1cm seam allowance. Overlock or serge the seams together if able.
2. At the opening of bag, overlock/serge the edge. Fold over a 1 cm hem, iron, then fold over a 2cm hem and iron/pin. Do not sew yet.
3. For the tab, fold the tab rectangle in half, right sides together and sew down the 13cm length with a 1cm seam allowance. Trim the seam and turn the tube right side out, press.
4. Fold the tab in half and position centrally over the seam at one side of the bag matching raw edges.
5. To make the strap, fold in half down the length of the strip, press. Tuck in the sew allowance along the open edge and at one end, pin and sew. The finished strap needs to be 2.5 to 3cm wide.
6. As you did for the tab, with raw edges together sew the raw edge of the bag strap to the other side of the bag placing centrally across the seam.
7. Sew around top seam both closing the hem and attaching the tab and strap.

Notes

1. The bags can be made from all sorts of fabrics, but it is best if the fabric is washable and not too heavy.
2. Please bear in mind that these bags need to be made from clean fabric and in a clean environment, they are to be given to patients who have just had surgery, and may also be undergoing chemotherapy and as such will likely have a reduced resistance to germs.