

How To Make A Chemo Port Pillow

A port pillow is a small, rectangular pillow that chemotherapy patients who have a portacath implanted can use with a seat belt to relieve pressure and possible irritation around the port.

A chemo port pillow can also be used around the strap of a purse or bag to make carrying them more comfortable.



Materials

- 1 piece of quilting cotton or flannel fabric 4" x 13½"
- 4 pieces of Velcro 3½" long (2 hook sides and 2 loop sides)
- Wad of poly fiberfill stuffing

1. Fold fabric in half, right sides out.
2. Measure 1½" from short end and mark on both long edges.
3. Measure 1½" from fold and mark on both long edges. Unfold.
4. Take the Velcro tape (the loop/soft part), line it up with the inside of the mark on one long edge, loop side up. Line up the other loop/soft part with the other mark on the same long edge. Pin in place.
5. Take the other piece of Velcro (the hook/rough part), line it up with the inside of the mark on the other long edge, hook side down. Repeat with the other hook/rough part with the other mark on the same long edge. Pin in place.
6. Stitch the Velcro to the fabric using a ¼" allowance.
7. Fold the fabric, right sides together.
8. Pin the two long edges.
9. Stitch each long edge with a ½" seam, leaving the short end unstitched.
10. Turn the pillow right side out.
11. Stuff the pillow with poly fiberfill to medium firmness. (There may be too much stuffing in the kit.)
12. Turn under raw edges of the short end. Whip stitch by hand or top stitch with your machine to close the hole.