



Digestive System Pattern

Guts UK will use your beautiful digestive systems to raise awareness of digestive health and digestive conditions. The knitted guts are a great physical demonstration of how our digestive systems work. We may also raffle your digestive systems off as incredible and unique prizes, raising funds for much-needed research into our guts.

This pattern has been designed for an individual to knit. If you want to take on this project as part of a group, you can also download a 'group pattern' [here](#).

If you have any difficulties with the pattern contact Audrey at info@gutscharity.org.uk - I will try to help if I can!



Key:

DP: Deep Pink Aran - Rectum, anus & tongue- 50g

PP: Pale Pink Aran - large intestine - 100g

W: White 4 Ply - large intestine - small ball

YP: Yellow Pink Superchunky - small intestine - 250g

P: Pink Chunky - stomach & Oesophagus - 50g

B: Burgundy Aran - Liver - 100g

G: Green 4 ply for gall bladder & bile duct - small ball

Y: Yellow Aran for pancreas 50g

The amounts are approximate. Colours are as you choose. I did tongue red when I ran out of deep pink

Use 2 strands DK instead of aran. 3 strands DK for superchunky.



K: Knit

P: Purl

Inc: Increase

St: Stitch

Tog: Together

M1: by picking up thread between sts & either K or P

Rep: repeat

SS: Stocking stitch

S1K1PSSO: Slip 1 Knit 1 pass slip stitch over

W + T: Put wool to front of work slip stitch from left hand to right, put wool to back of work, then put slip stitch back onto left hand needle + turn

Size 8 needles 4mm

Size 5 needles 5mm

Size 3 needles 6.5mm

Tapestry needle

Polyester stuffing

Anus

- With size 8 needles + Deep Pink cast on 10sts
- SS 10 rows
- When knitting long enough, fold wrong sides together and slip stitch cast on edge to 10th row (anus now double thickness)

Rectum

- Work 4 rows SS
- Next row K3 M1 K3 M1 K3 M1 K1 (13sts) - SS 2 rows
- Next row P4 M1 P4 M1 P4 M1 P1 (16sts)
- SS 2 rows
- Next row K4 M1 K4 M1 K4 M1 K4 inc in last stitch (20 sts)
- SS 11 rows
- K5 M1 K5 M1 K5 M1 K5 inc in last st. (24sts)
- SS7 rows
- K12 turn P10 turn K8 turn P6 turn knit to end of row - P16 turn K14 turn P12 turn K10 turn P to end of row
- SS 2 rows
- To change from Dark Pink to Pale Pink wool

Row 1:

- K3 (DP)K1 (PP) K4 (DP) K1 (PP) K3 (DP) K1 (PP) K3 (DP) K1 (PP) K4 (DP) K1 (PP) K2 (DP)

Row 2:

- P1 (DP) P3 (PP) P2 (DP) P3 (PP) P1 (DP) P3 (PP) P1 (DP) P3 (PP)
P2 (DP) P3 (PP) P2 DP

Row 3:

- K1 (DP) K4 (PP) K1 (DP) K4 (PP) K1 (DP) K8 (PP) K1 (DP) K4 (PP)

Row 4:

- Purl in PP

Large Intestine

Using PP wool

- SS 4 rows

Base Row: K10 (PP) K1 (W) K10 (PP) K1 (W) K2(PP) - Use 2 separate balls of white wool

- Keeping this pattern of PP + W wool SS 13 rows

- * Cut PP wool

With 3rd ball of W wool

K1 K2 tog 11 times K1 cut white wool (13sts)

Tie double knot between PP + W wools (to save lots of sewing ends in later) each time you cut wool

Rejoin PP wool

P1 P front + back to last st. P1 (24sts)

Repeat base row 12 times*

Repeat from * to * until work measures 30 inches from start of PP wool.

Change to size 6 needles

Continue until work measures 45 inches from start of PP wool ending on a wrong side base row.

Appendix

- Cut 32 ins of PP wool

- K12 sts. Fold knitting needles together with wrong side facing.

- Thread sewing needle. Thread from alternate knitting needles 8sts.

- Using a 3rd needle, knit on a stitch from each of knitting needles until you have 6sts on RH needle.

- Thread remaining sts on left hand needles onto thread alternatively as before.

- Then pull thread through 6 remaining sts making sure not to drop end sts. This now means the wool is at the end of the sts on the needle.

- P1 row using this wool

- K2 tog K2 K2 tog
- P1 row
- K2 tog K2 tog
- P2 tog - pull thread through
- With wrong side facing each other slip stitch into tube
- Sew up large intestine lightly stuffing until you reach rectum
- Do this by starting at appendix end with wrong sides facing each other + slip stitch to make a tube
- Make sure all knotted ends are securely inside the intestine. Sew rectum + anus (stuff as you go along).

Small Intestine

- With size 3 needles + yellow pink (YP) wool
- Cast on 6 sts
- SS for 21 feet
- Sew into a tube WS tog as you go along

Stomach This continues on the small intestine sts

- With size 6 needles + pink (P) wool
- K into front + back of each stitch (12sts)
- P1 row
- *KF+B K2* rep to end (16sts)
- SS 5 rows
- *K2 tog K3* rep to last st K1 (13 sts)
- * P2 tog P4* rep to end P1 (11sts)
- K2 tog K to end (10sts)
- PF + B to end (20sts)
- K1 row

- * PF+B, K1* to end (30sts)
- SS 16 rows
- K11 w+t P10 turn K to end P1 row
- K11 w+t P10 turn K to end
- P1 row
- K5 M1 K2 M1 K to end (32sts)
- P1 row
- K13 w+t P12 turn K to end
- P1 row
- K1 M1 K3 M1 K6 M1 K3 M1 K to end (36sts)
- P1 row
- K17 w+t P16 turn K to end
- P23 M1 P2 M1 P4 M1 P2 M1 P5 (40sts)
- K21 w+t P20 turn K to end
- SS 3 rows
- K9 S1K1PSSO K2 tog K to end (38sts)
- P1 row
- K8 S1K1PSSO K2 tog K to end (36 sts)
- Purl 1 row
- K3 slip onto pin. K to last 3sts. Slip last 3sts onto pin (30sts on needle)
- P13sts P2 tog turn
- Working on these (14sts) - * K2 tog K to last 2sts K2 tog.
- P2tog P to last 2sts P2tog*
- Rep from * to *
- K2 tog K2 K2tog
- P2tog P2tog
- K2 tog cut wool + fasten off
- Rejoin wool to remaining sts
- P2 tog P to end
- *K2 tog K to last 2 sts K2 tog
- P2 tog P to last 2sts P2 tog*
- Rep from * to *
- K2 tog K2 K2 tog
- P2 tog P2 tog
- K2 tog cut wool + fasten off

Oesophagus

With right side facing put 3sts from left hand side of work onto size 6 needle

Cast on 3sts K to end knit across 3sts from other needle + cast on 3sts (12sts)

(stomach will now be forming a bag joined by these 12sts)

SS until work measures 12ins

* K3 M1* rep to last st inc in last st
(16sts) P row

* K4 M1* rep to last st increase in last
stitch (20sts)

P1 row

Cast off 5sts as follows:

Knit stitch, place knitted stitch back on lt needle

- *K2 pass 1st stitch st knitted over 2nd. Place this stitch back on lt needle. Repeat until 15 sts remain on lt needle. Knit to end.
- Cast off 5sts as before but purlwise until 10sts remain purl to end
- (This leaves a 'frilly' cast off edge)
- At this point sew 3casted on stitches to shaped portion of stomach then ws facing out. Sew casted off stitches smoothing point. Turn back to RS taking sew up stomach putting several balls of stuffing inside as 'undigested' food.

Sew some of oesophagus - complete sewing up when completed tongue.

Tongue

- With Deep Pink wool + size 8 needles. Using 10sts on needles.
- *K1 m1* to last st inc in last st (20sts)
- P1 row
- K5 M1 K10 M1 K to end - P6 M1 P10 M1 P to end - K7 M1 K10 M1 K to end - P8 M1 P10 M1 P to end - K9 M1 K10 M1 K to end
- P10 M1 P10 M1 P to end (32sts)
- SS 4 rows
- K16 M1 K to end (33sts)
- P one row
- P2 K to last 2sts P2
- K1 P3 K1 P to last 5sts K1 P3 K1
- P1 K5 P1 K to last 7sts P1 K5 P1
- K1 P7 K1 P2 tog tbl P11 P2 tog K1 P7 K1 (31sts)
- P1 K9 P1 K to last 11sts P1 K9 P1

- K1 P to last st K1
- P1 K to last st P1
- K1P7P2togtbl P11P2togP7K1
- P1 k to last st P1
- K1 P6 P2 tog tbl P11 P2 tog P6 K1
- P1 K to last st P1
- K1 P to last st K1
- P1 K5 S1K1PSSO K11 K2tog K5 P1
- K1 P to last st K1
- P1 K to last st P1
- K1 P4 P2 tog tbl. P11 P2 tog P4 K1 (23sts)
- P1 K6 K2 tog K5 K2 tog K6 P1 (21sts)
- SS 5 rows with K1 or p1 edge as above
- P1 K4 S1K1PSSO K7 K2 tog K4 P1
- K1 P3 P2 tog tbl P7 P2 tog P3 K1
- P1 K2 S1K1PSSO K7 K2 tog K2 P1
- K1 P1 P2 tog tbl . P7 P2 tog P1 K1
- P1 S1K1PSSO K7 K2 tog P1
- Cut thread + pull through sts

- WS facing each other sew up tongue using back stitch so that you have a 'ridge' down the centre of the tongue. Sew in any loose ends of wool.
- Attach small intestine to large intestine at appendix end.

Pancreas

- With Yellow Wool + size 6 needles cast on 4sts
- K1 row
- The following 2 rows form the moss stitch pattern
- K1 P1 K1 P1
- P1 K1 P1 K1
- keeping in pattern
- *inc. one stitch at each end of next row
- Pattern 3 rows*
- Repeat from * to * 4 times (14sts)
- Inc 1 st pattern 5 increase in next 2sts pattern 5 inc in last st (18sts)

- Pattern 8 rows
- Increase in 1st + last stitch on next row (20sts)
- Pattern 9 increase in next 2sts Patt. 9sts (22sts)
- Pattern 8 rows
- Increase 1st st patt. 9 inc next 2sts patt to last st increase last stitch (26sts)
- Pattern 20 rows
- Patt 11 Patt 2 tog twice Patt to end (24sts)
- Keeping patt correct patt 3 tog to end
- Patt 1 row
- K2tog to end of row
- Cut wool + thread through sts - DO NOT PULL TIGHT
- Sew from tail end + sides. Stuff. Pull cut thread tight and sew in place below stomach (see fig 2)
- Fasten to bottom edge of stomach (used length of wool + tied bow)

Liver

With Burgundy + size 8 needles cast on 9sts

KF+B K2 to end (12sts)

P1 row

KF+B K1 to end (18sts)

P1 row

KF+B K2 to end (24sts)

P1 row

KF+B K3 to end (30sts)

P1 row

Continue increasing like this until KF+B K10 to end (72sts)

- P1 row
- KF+B K11 twice (KF+B K1, KF+B, KF+B K1, KF+B K1, KF+B) !
- 3 times. KF+B K11 twice (91sts)
- P1 row
- KF+B K12 to end (98sts)
- P1 row
- Continue until you reach KF+B K15 to end (119sts)
- P1 row
- K56 turn,
- P48 turn
- K47 w+t
- P46 w+t

- K45 w+t,
- P44 w+t
- K43 w+t
- P42w+t
- continue using 1 st less each row until you have 10sts wrapped at each end.

Then:

- K26 w+t,
- P24 w+t,
- K22 w+t,
- P20 w+t,
- K18 w+t,
- P16 w+t,
- K16 w+t,
- P16 w+t,
- K15 w+t,
- P14 w+t,
- K14 w+t,
- P12 w+t,
- K12 w+t,
- P12 w+t
- K11w+t
- P10w+t K10w+t
- P10w+t
- K9w+t
- P8w+t
- K8w+t
- P8w+t
- K7w+t

- P6w+t
- K6w+t
- P6w+t
- K5w+t -
- P4w+t -
- K58 turn -
- P53 turn.
- K52K2tog turn - P52P2tog turn
- (this is using one of sts on lt hand needle each row)
- Repeat last 2 rows 6 times P to end of last row Cast off.
- Turn inside out, fold on shaped 'toe-like' part + sew along cast on edge, fold other side to meet + sew along this cast on edge. Turn right side out, stuff, sew up 'side' seam. Attach to oesophagus, stomach + entrance to small intestine (I used length of wool + tied bows in case they wished to detach).

Gallbladder

- With green wool + size 8 needles cast on 3sts
 - Leave long thread to make cord to attach to duodenum
 - KF+B of each stitch (6sts)
 - P1 row
 - KF+B of each stitch (12sts)
 - SS 5 rows
 - KF+B K1 repeat to end (18sts)
 - SS 5 rows
 - K2 tog to end of row (9sts)
- P2 tog to last St P1 (5sts)
- K2 tog twice K1 (3sts)
 - P3 tog + pull wool through
 - Sew up, stuffing as you go along
 - Make cord attach to duodenum (bile duct). Sew to duodenum. Pull gallbladder to front of liver. See diagram below.
 -

***Once completed, please call or email on 0207 486 0341 /
info@gutscharity.org.uk***

We know our knitted digestive systems aren't an easy (or usual!) task. We can't thank you enough for the time and effort you have put into these. Thank you for helping the UK get to grips with guts.

www.gutscharity.org.uk

Guts UK Charity

Registered charity number: 1137029

Diagrams & images on next page.





suggested wool colours.



Anus, large intestine + appendix

weaving appendix



GUTS UK.

