

**BEEBE HEALTHCARE**  
**MARGARET H. ROLLINS SCHOOL OF NURSING**  
**NURSING 101 - FOUNDATIONS OF NURSING**  
**EQUIVALENTS OF MEASUREMENT HANDOUT**

Metric		Apothecary		Household
30 mL		1 ounce (oz)		
5 mL				1 teaspoon (t/tsp)
15 mL				1 tablespoon (T/tbsp)
1000 mcg	1 mg			
1000 mg	1 gm			
1000 gm	1 kg	2.2 pounds (lbs)		
1000 mL	1 liter (L)	1 quart (qt)		
10 mm	1 cm			
2.5 cm	1 inch (in)			
		16 ounces	1 pound	

**METRIC, APOTHECARY & HOUSEHOLD WORKSHEET**

**COMPLETE THE FOLLOWING CONVERSIONS:**

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**A. METRIC**

1. 1000 mcg = \_\_\_1\_\_\_ mg
2. 150 mcg = \_\_0.15\_ mg
3. 0.1 mg = \_\_\_100\_ mcg
4. 0.5 mg = \_\_500\_\_ mcg
5. 100 mg = \_\_100000\_ gm
6. 1500 mg = \_1500000\_ gm
7. 1 gm = \_1000\_ mg
8. 0.1 gm = \_\_100\_\_ mg
9. 1000 gm = \_\_\_\_1\_\_ kg
10. 100 gm = \_\_0.1\_\_ kg
11. 0.5 kg = \_\_500\_\_ gm
12. 8 kg = \_8000\_\_ gm
13. 500 mL = \_\_0.5\_\_ L
14. 1.1 L = \_\_1100\_\_ mL
15. 5,000 mL = \_\_5\_\_ L
16. 20 lbs = \_\_9.07\_\_ kg
17. 20 kg = \_\_44.09\_\_ lbs
18. 5 in = \_\_12.7\_\_ cm
19. 20 mm = \_\_2\_\_ cm
20. 3 cm = \_\_1.18\_\_ in

**B. APOTHECARY**

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1. 120 mL = 4.06 ounces
2. 2 ounces = 59.15 mL
3. 2 lbs = 32 ounces
4. 48 ounces = 3 lbs
5. 4 lbs = 64 ounces
6. 32 ounces = 2 lbs
7. 60 mL = 2.03 ounces
8. 6 ounces = 177.44 mL

**C. HOUSEHOLD**

1. 1 tsp = 4.93 mL
2. 10 mL = 2.03 tsp
3. 4 tbsp = 59.15 mL
4. 15 mL = 1.01 tbsp