BEEBE HEALTHCARE
MARGARET H. ROLLINS SCHOOL OF NURSING
NURSING 101 - FOUNDATIONS OF NURSING

EQUIVALENTS OF MEASUREMENT HANDOUT

**Please use the table below to complete the equivalent conversions. Also-you will need to know these measurements by memory as we use them in drug calculations!

Household, Apothecary, and Metric Measurement for Liquids		
Household	**Apothecary**	**Metric**
1 teaspoon	60 drops (gtt)	5 milliliters
1 tablespoon	--	15 milliliters
2 tablespoons	1 ounce	30 milliliters
1 cup	8 ounces	240 milliliters
1 pint	16 ounces	480 milliliters
1 quart	32 ounces	960 milliliters

Common Metric Equivalents		
Distance (Meters)	**Weight (Grams)**	**Volume (Liters)**
1 meter (m) = 100 centimeters (cm) 1 cm = 0.01 m 1 millimeter (mm) = 0.001 m 2.54 cm = 1 inch	1 kilogram (kg) = 1,000 grams (g) 1 milligram (mg) = 0.001 g 1,000 mg = 1 g 1 microgram (mcg) = 0.001 mg 1 kg = 2.2 pounds	1 liter (L) = 1,000 milliliters (mL) 1 mL = 0.001 L 1 mL = 1 cubic centimeter (cc)

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METRIC, APOTHECARY & HOUSEHOLD WORKSHEET

COMPLETE THE FOLLOWING CONVERSIONS:

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 = 0.1 gm
6. 1500 mg = 1.5 gm
7. 1 gm = 1,000 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 = 9.09 kg
17. 20 kg = 44 lbs
18. 5 in = 12.7 cm
19. 20 mm = 2 cm
20. 3 cm = 1.18 in

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B. APOTHECARY

1. 120 mL = 4 ounces
2. 2 ounces = 60 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 ounces
8. 6 ounces = 180 mL

C. HOUSEHOLD

1. 1 tsp = 5 mL
2. 10 mL = 2 tsp
3. 4 tbsp = 60 mL
4. 15 mL = 1 tbsp