

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 kilogram (kg) = 1,000 grams (g)	1 liter (L) = 1,000 milliliters (mL)
1 cm = 0.01 m	1 milligram (mg) = 0.001 g	1 mL = 0.001 L
1 millimeter (mm) = 0.001 m	1,000 mg = 1 g	1 mL = 1 cubic centimeter (cc)
2.54 cm = 1 inch	1 microgram (mcg) = 0.001 mg	
	1 kg = 2.2 pounds	

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

METRIC, APOTHECARY & HOUSEHOLD WORKSHEET

COMPLETE THE FOLLOWING CONVERSIONS:

A. METRIC

1. 1000 mcg = **1** mg
2. 150 mcg = **.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 = **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 = **9.1** kg
17. 20 kg = **44** lbs
18. 5 in = **12.7** cm
19. 20 mm = **2** cm
20. 3 cm = **1.2** in

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

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