Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 101 - Foundations of Nursing
EQUIVALENTS OF MEASUREMENT HANDOUT

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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	

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   = 8,000 gm

13. 500 mL   = 0.5 L

14. 1.1 L   = 1,100 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

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