

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	

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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 = ____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 = ____9.09____ 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