

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 = _____ mg
2. 150 mcg = _____ mg
3. 0.1 mg = _____ mcg
4. 0.5 mg = _____ mcg
5. 100 mg = _____ gm
6. 1500 mg = _____ gm
7. 1 gm = _____ mg
8. 0.1 gm = _____ mg
9. 1000 gm = _____ kg
10. 100 gm = _____ kg
11. 0.5 kg = _____ gm
12. 8 kg = _____ gm
13. 500 mL = _____ L
14. 1.1 L = _____ mL
15. 5,000 mL = _____ L
16. 20 lbs = _____ kg
17. 20 kg = _____ lbs
18. 5 in = _____ cm
19. 20 mm = _____ cm
20. 3 cm = _____ in

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B. APOTHECARY

1. 120 mL = ounces
2. 2 ounces = mL
3. 2 lbs = ounces
4. 48 ounces = lbs
5. 4 lbs = ounces
6. 32 ounces = lbs
7. 60 mL = ounces
8. 6 ounces = mL

C. HOUSEHOLD

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