Metric System

kilogram (kg) – gram (g) – milligram (mg) – microgram (mcg) – liter (L) – milliliter (mL)

1 kg = 1000 g	1 g = .001 kg
1 g = 1000 mg	1 mg = .001 g
1 mg = 1000 mcg	1 mcg = .001 mg
1 g = 1,000,000 mcg	1 mcg = .000001 g
1 L = 1000 mL	

1 cub centimeter (cc) = 1 milliliter (mL)

Household Measures

ounces (oz) – pound (lb) – teaspoon (tsp or t) – drops (gtt) – tablespoon (Tbsp or T)

Weights

16 oz = 1 lb

Liquids

1 tsp = 60 gtt	1 teacup = 6 ounces
1 Tbsp = 3 tsp	16 ounces = 1 pint
1 ounces = 2 Tbsp	2 cups = 1 pint
1 glass = 8 ounces	2 pints = 1 quart
1 measuring cup = 8 ounces	4 quarts = 1 gallon (gal)

Between Metric and Household

Metric		Household
	Liquid	
1 mL	=	15 gtt
5 mL	=	1 tsp
15 mL	=	1 Tbsp
30 mL	=	1 ounce
180 mL	=	1 teacup
240 mL	=	1 glass
	Weight	
1 kg	=	2.2 lb
30 g	=	1 oz
454 g	=	1 lb
	Length	

2.5 centimeters (cm) = 1 inch (in)

To change from Fahrenheit to Celsius: Subtract 32 from ***F***° and divide the result by 1.8
To change from Celsius to Fahrenheit: Multiply ***C***° by 1.8 and add 32 to the result.

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ex. A patient is to receive 15 mL of Kefurox. How many teaspoons should you administer?

5 mL = 1 tsp

$$15 \text{ mL} \times \frac{1 \text{ tsp}}{5 \text{ mL}} = 3 \text{ tsp}$$

ex. A patient weighs 60 Kg. How many pounds is this?

1 Kg = 2.2 lbs.

$$60 \text{ Kg} \times \frac{2.2 \text{ lbs}}{1 \text{ Kg}} = 132 \text{ lbs.}$$