

Indiana University School of Nursing
Indiana University East Campus

MATH EQUIVALENCIES

Households Measurements	Apothecaries' System	Metric System
	1/4 grain (gr)	15 milligrams (mg)
	1/2 grain	30 milligrams
	1 grain	60 milligrams
	15 grains	1 Gram
	1/150 grains	0.4 milligrams
	1/200 grains	0.3 milligrams
	1/300 grains	0.2 milligrams
	1/500 grains	0.12 milligrams
1 teaspoon (tsp)		5 milliliters (ml)
	1 fluid ounce (oz)	30 milliliters
	8 fluid ounces	240 milliliters
	16 fluid ounces	500 milliliters
1 tablespoon (tbsp)		15 milliliters
	1 quart	1000 milliliters or 1 liter
		1 microgram (mcg) = 0.001 milligram (mg)
		1000 micrograms = 1 mg
		1000 milligrams = 1 Gram (Gm)
2.2 pounds (lbs)		1000 Grams = 1 kilogram (kg)
1 inch		2.5 centimeters (cm)

Other Equivalencies

Aspirin Preparations: 1 grain = 65 milligrams

Insulin Preparations: 1 milliliter = 100 units (U)

1 millimeter (ml) = 1 cubic centimeter (cc)

1 cc of H₂O (water) = 1 Gram (pediatric diaper weight)

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