

INFORMATION SHEET: METRIC APPROXIMATE EQUIVALENTS

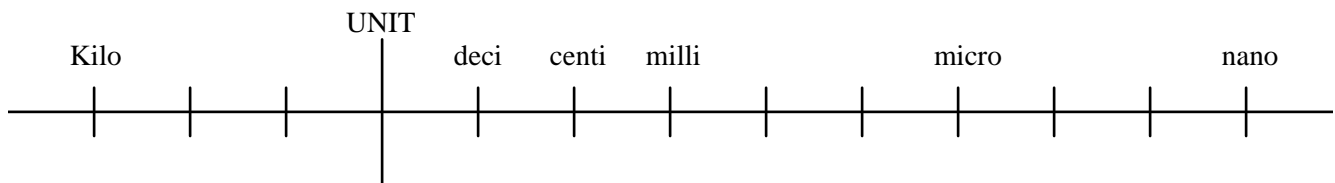
These equivalents (conversion factors) must be memorized.

<u>METRIC</u>	<u>APOTHECARY</u>	<u>HOUSEHOLD</u>

1 cc = 1 ml	---	---
5 ml	---	1 teaspoon
30 ml	---	2 tablespoons/one ounce
240 ml	---	1 cup/8 ounces
1000 ml = 1 liter (L)	---	
1 gram (Gm, g) = 1000 mg	---	---
1 mg (mgm) = 1000 mcg (μ g)	---	---
1 mcg = 1000 ng	---	---
---	---	1 lb = 16 ounces
1 kilogram (Kg) = 1000 grams	---	2.2 lb
1 Gm = the weight of 1 ml distilled water @ 4°C		
1 Kg = 1 liter = 1000 ml		

NOTE: Although these equivalents are approximate, they are accepted when calculating dosages.

METRIC SYSTEM: The following is a visual representation for the movement of decimals.



Milliequivalent (mEq)

Number of grams of solute dissolved in one ml of a normal solution. In common usage, used to express the concentration of an electrolyte in a solution.

Unit(u)

Measures a drug in terms of its action, not its physical weight. Insulin, penicillin, and heparin may be measured in International Units.

1 unit (u) = 1000 milliunits (mu)

IV Drip Chambers: gtt/ml

Facilities and/or units use drip chambers with factors of 10, 15, 20, and 60 drops/ml. The nurse must read the label on the drip chamber package to accurately determine the drop factor. Microdrop = 60 gtt/ml.