

APPROXIMATE PRACTICAL EQUIVALENTS

The listing of approximate practical equivalents is included to aid the practitioner in calculating and converting dosages among the various systems.

WEIGHT EQUIVALENTS

| | | |
|--------------------------|---|-----------------------------|
| 1 grain (gr) | = | 65 milligrams (mg) |
| 1 milligram (mg) | = | 0.015 grains (gr) |
| 1 gram (g) | = | 15.432 grains (gr) |
| 1 gram (g) | = | 0.035 ounces (oz) |
| 1 ounce avoirdupois (oz) | = | 28.35 grams (g) |
| 1 ounce apothecary (℥) | = | 31.1 grams (g) |
| 1 pound avoirdupois (lb) | = | 454 grams (g) |
| 1 pound avoirdupois (lb) | = | 0.45 kilograms (kg) |
| 1 kilogram (kg) | = | 2.2 pounds avoirdupois (lb) |

MEASURE EQUIVALENTS

| | | | |
|---------------------|------------------|---|--------------------------|
| 1 milliliter | mL | = | 16.23 minims (℥) |
| 1 cubic centimeter* | cc | = | 1.0 milliliter (mL) |
| 1 fluidram† | fl ℥ | = | 3.7 milliliter (mL) |
| 1 teaspoonful† | tsp | = | 5 milliliter (mL) |
| 1 tablespoonful | tbsp | = | 15 milliliter (mL) |
| 1 fluid ounce | fl ℥ | = | 29.57 milliliter (mL) |
| 1 wineglassful | 2 fl ℥ | = | 60 milliliter (mL) |
| 1 teacupful | 4 fl ℥ | = | 120 milliliter (mL) |
| 1 tumblerful | 8 fl ℥ | = | 240 milliliter (mL) |
| 1 pint | pt or O or Oct | = | 473 milliliter (mL) |
| 1 quart | qt | = | 946 milliliter (mL) |
| 1 liter | L | = | 33.8 fluid ounces (fl ℥) |
| 1 gallon | gal or C or cong | = | 3785 milliliter (mL) |

* Cubic centimeter and milliliter are equivalent.

† On prescription, a fluidram is assumed to contain a teaspoonful, which is 5 mL.

WEIGHT TO VOLUME EQUIVALENTS

| | | |
|-----------------------------------|---|-------------------------------------|
| 1 milligram per deciliter (mg/dL) | = | 10 micrograms per milliliter (μ/mL) |
| 1 milligram per deciliter (mg/dL) | = | 1 milligram percent (mg %) |
| 1% solution | = | 10 milligram per milliliter (mg/mL) |
| 1 part per million (ppm) | = | 1 milligram per liter (mg/L) |

LINEAR EQUIVALENTS

| | | |
|-------------------|---|-----------------------|
| 1 millimeter (mm) | = | 0.04 inches (in) |
| 1 inch (in) | = | 25.4 millimeters (mm) |
| 1 inch (in) | = | 2.54 centimeters (cm) |
| 1 meter (m) | = | 39.37 inches (in) |
| 1 inch (in) | = | 0.025 meters (m) |