

Conversions and Equivalencies

<u>Common Conversion Factors</u>
60 seconds = 1 minute
60 minutes = 1 hour
454 grams = 1 pound
16 ounces = 1 pound
2.54 cm = 1 inch
1.06 quart = 1 Liter
32 fluid ounces = 1 quart
4 quarts = 1 gallon
12 inches = 1 foot
3 feet = 1 yard
5280 feet = 1 mile

<u>Household Measures</u>
60 gtt = 1 teaspoon (tsp)
3 tsp = 1 tablespoon (tbsp)
2 tbsp = 1 ounce (oz)
6 oz = 1 teacup
8 oz = 1 glass or measuring cup
16 oz = 1 pint (pt)
2 pt = 1 quart (qt)
4 qt = 1 gallon (gal)

1 ml = 1 cc

<u>Apothecary Units</u>
<i><u>Fluid Weight</u></i>
60 minim (m) = 1 fluid dram (fʒ)
8 fluid dram (fʒ) = 1 fluid ounce (fʒ)
16 fluid ounce (fʒ) = 1 pint
<i><u>Dry Weight</u></i>
8 dram (ʒ) = 1 ounce (ʒ)
60 grain = 1 dram (ʒ)

Approximate Equivalents Among Metric, Apothecary, and Household Systems

Metric	Apothecary	Household
<u>Dry</u>		
60 mg =	1 grain	
1 g =	15 grain	
15 g =	4 dram (ʒ)	= 1 tbs (3 tsp)
	1 ounce (ʒ)	= 1 oz (2 tbsp)
	16 ounce (ʒ)	= 1 lb
1 kg =		= 2.2 lb
<u>Liquid</u>		
	1 minim (m)	= 1 gtt
1 ml =	15 minim (m)	= 15 gtt
4 ml =	1 dram (ʒ)	
5 ml =	75 minim (m)	= 1 tsp
15 ml =	4 dram (ʒ)	= 1 tbsp
30 ml =	1 ounce (ʒ)	= 1 oz
500 ml =	16 ounce (ʒ)	= 16 oz
1000 ml =	32 ounce (ʒ)	= 32 oz

grain = gr dram = ʒ ounce = ʒ minim = m fluid ounce = fʒ fluid dram = fʒ pound = lb	$\frac{1}{2}$ = ss 1 $\frac{1}{2}$ = iss 4 $\frac{1}{2}$ = ivss etc	gram = g milligram = mg microgram = mcg or µg kilogram = kg Liter = L milliliter = mL drops = gtt
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