

# Unit Conversions for Nursing Math

## Liquid Measure

1 tbsp. = 3 tsp.  
1 fl. oz. = 2 tbsp.  
1 cup = 8 fl. oz.  
1 tsp. = 5 mL  
1 tbsp. = 15 mL  
1 fl. oz. = 30 mL  
1 cup = 250 mL  
1 L = 1000 mL  
1 mL = 1 cc

## Abbreviations for Units

tbsp – tablespoon  
tsp. – teaspoon  
fl. oz. – fluid ounce  
L – litre  
mL – millilitre  
cc – cubic centimeter

## Special Note for converting between fluid ounces and millilitres:

8 fl. oz. = 250 mL = 1 cup (NOT 8 fl. oz. x 30 mL/fl. oz. = 240 mL)  
4 fl. oz. = 125 mL = ½ cup (NOT 4 fl. oz. x 30 mL/fl. oz. = 120 mL)

These are direct conversions as used in nursing practice!  
For all other conversions (e.g. 3 fl. oz.) use 1 fl. oz. = 30 mL to convert.

## Mass Measure

2.2 lb = 1 kg  
1 g = 1000 mg  
1 kg = 1000 g

# Linear Measure

1 ft. = 12 in.

1 in. = 2.54 cm

39.4 in. = 1 m

1 m = 1000 mm

1 km = 1000 m

## Abbreviations for Units

lb - pound

g – gram

ft - foot

m - meter

km – kilometer

kg - kilogram

mg – milligram

in. – inch

mm – millimetre