**Commonly Used Equivalencies and Abbreviations**

1 kg = 1000 g a - before

1 mg = 1000 mcg ac - before meals

1 Kg = 2.2 lbs bid -twice a day

60 mg = 1 grain tid - 3 times a day

1 T = 3 tsp =15 mL qid - 4 times a day

30 mL = 1 oz = 2 T BSA - body surface area

1 g =1000 mg c = with

1 L = 1000 mL g - gram

1 tsp = 5 mL = 1 dram gtt - drop

1 inch = 2.54 cm h - hour

1 cup – 8 oz NPO- nothing by mouth

1 cc = 1 mL p – after

 pc – after meals

 q – every

hs -hour of sleep or bedtime