

Volume and Weight Conversion Information Sheet

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This information sheet has been developed by the Ola During Children's / Princess Christian Maternity Hospitals, Freetown, Sierra Leone – Abertawe BroMorgannwg Health Board, Swansea, UK Link.

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This information sheet was developed by:

- Borbor Sam Aliyah, Mohammed Mansaray and Umar Kamara, Ola During Children's Hospital, Freetown, Sierra Leone and
- Angela Allen, Stephanie Allen and Stephen Allen, Abertawe BroMorgannwg University Health Board, Swansea, UK.

This information sheet is one of a series of resources developed to support clinical laboratories in low resource settings. These resources are available from the Ibadan-Swansea Partnership website: see <http://isp.swanlh.org/>

We hope that this resource will be helpful in ensuring the quality of laboratory practice.

We are keen to further develop our resources so that they are as helpful as possible. Please do let us know of any comments, suggestions or feedback from using these resources. Please contact Angela Allen: aallengm@yahoo.co.uk

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Date:	

CLINICAL LABORATORY SERVICES DEVELOPMENT PROJECT

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Volume (μl, ml, l)	Weight (mg, g, kg)
1 litre = 1000 millilitres 1 l = 1000 ml	1 kilogram = 1000 grams 1kg = 1000 g
1 millilitre = 1000 micro litres 1ml = 1000 μ l	1 gram = 1000 milligrams 1g = 1000 mg
Therefore, 1 litre = 1 million micro litres 1l = 1,000,000 μ l	Therefore, 1 kilogram = 1 million milligrams 1kg = 1,000,000 mg

Remember that 1 litre of water at room temperature weighs 1kg

Helpful Conversions

To convert

- Litres (l) to millilitres (ml)
- Millilitres (ml) to microlitres (μ l)
- Grams (g) to milligrams (mg)

Multiply by

1000
1000
1000

Divide by

- Grams/litre (g/l) to grams/decilitre (g/dl)
- grams (g) to kilograms (kg)
- millilitres (ml) to litres (μ l)
- microlitres (μ l) to millilitres (ml)

10
1000
1000
1000

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Volumes

Microlitres (μl)	Millilitres (ml)	Litres (l)
1	0.001	0.000001
5	0.005	0.000005
10	0.01	0.00001
50	0.05	0.00005
100	0.1	0.0001
200	0.2	0.0002
500	0.5	0.0005
1000	1	0.001
5000	5	0.005
10000	10	0.01
50000	50	0.05
100000	100	0.1
200000	200	0.2
500000	500	0.5
1000000	1000	1

Weights

Milligrams (mg)	Grams (g)	Kilograms (kg)
1	0.001	0.000001
5	0.005	0.000005
10	0.01	0.00001
50	0.05	0.00005
100	0.1	0.0001
200	0.2	0.0002
500	0.5	0.0005
1000	1	0.001
5000	5	0.005
10000	10	0.01
50000	50	0.05
100000	100	0.1
200000	200	0.2
500000	500	0.5
1000000	1000	1

