

## Helpful Numbers and Conversions

### Infant Formula

Standard formula = 20 cal/ounce  
Standard formula = 0.67 cal/cc

### Volume

1 teaspoon = 5ml  
3 teaspoon = 1 table spoon  
1 table spoon = 15 ml

30 cc = 1 ounce

1 Liter = 1.1 Quart  
1 quart = 32 ounces  
1 gallon = 4 quarts

### Weight

1 kg = 2.2 pound

### Length

1 inch = 2.54 cm

### IV Fluids

Normal saline = 154 meq/L of Na<sup>+</sup>  
½ Normal Saline = 77 meq/L of Na<sup>+</sup>  
¼ Normal saline = 38 meq/L of Na<sup>+</sup>

### Maintenance Fluids:

4/2/1 = Maintenance IV rate cc's/hour

4 cc/kg for each of the first 10 kg  
2 cc/kg for each of the second 10 kg  
1 cc/kg for each additional kg

100/50/20 = Maintenance fluid requirement/day

100 cc/kg for each of the first 10 kg  
50 cc/kg for each of the second 10 kg  
20 cc/kg for each additional kg

### Prescription method

Name _____	Date _____
DOB _____	
Medication: _____	
# (dispense how much): _____	
Sig: ( ___ tabs/tsp ___ times per day for ___ days)	
Refills: _____	
Signature: _____	MD