



Self-Emptying Leg Bag System

CC / mL / Ounces Conversion Table

Most measures in medicine are done in milliliter (mL) or cubic centimeter (cc), but most household measures are in ounces. If you want to compare the amount of fluid you drink with the amount of urine you put out, here's an easy conversion chart.

If you want to do the math, **ounces ÷ 30 = mL or cc** or **mL or cc x 30 = ounces**

The shading corresponds to standard drink volumes: glasses, bottles and cans. The average 150 lb person should drink 68 oz or 2,040 mL per day.

Ounces	mL or cc	Other
4 oz	120 mL or cc	
6 oz	180 mL or cc	
6 2/3 oz	200 mL or cc	
8 oz	240 mL or cc	1 cup
8 1/3 oz	250 mL or cc	
10 oz	300 mL or cc	
11 2/3 oz	350 mL or cc	
12 oz	360 mL or cc	
13 1/3 oz	400 mL or cc	
15 oz	450 mL or cc	
16 oz	480 mL or cc	1 pint
16 2/3 oz	500 mL or cc	
20 oz	600 mL or cc	
24 oz	720 mL or cc	
32 oz	960 mL or cc	1 quart
33 oz	1000 mL or cc	1 liter
40 oz	1200 mL or cc	
46 2/3 oz	1400 mL or cc	
53 1/3 oz	1600 mL or cc	
60 oz	1800 mL or cc	
66 2/3 oz	2000 mL or cc	

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