

Blood or interstitial fluid glucose level conversion charts

As individuals or clinics may lose their glucose meter during a disaster, or may have never had one, they may receive a glucose meter or strips in different units than they are familiar with. Many apps and on-line calculators exist, but power may be lost so paper charts can be helpful.

Glucose units are either SI units mg/dl or in mmol/l.



To convert glucose levels from mmol/l to mg/dl multiple by 18.

To convert glucose levels from mg/dl to mmol/l divide by 18 or multiply by 0.055.

Two example charts are given, which cover different ranges.

DiabetesChart		Convert Glucose (mg/dl) to Glucose (mmol/L)									
<small>Chart design ©2010-2014 DiabetesChart.org</small>											
mg/dl	40	42	44	46	48	50	52	54	56	58	
mmol/L	2.2	2.3	2.4	2.6	2.7	2.8	2.9	3.0	3.1	3.2	
mg/dl	60	62	64	66	68	70	72	74	76	78	
mmol/L	3.3	3.4	3.6	3.7	3.8	3.9	4.0	4.1	4.2	4.3	
mg/dl	80	82	84	86	88	90	92	94	96	98	
mmol/L	4.4	4.6	4.7	4.8	4.9	5.0	5.1	5.2	5.3	5.4	
mg/dl	100	102	104	106	108	110	112	114	116	118	
mmol/L	5.6	5.7	5.8	5.9	6.0	6.1	6.2	6.3	6.4	6.5	
mg/dl	120	122	124	126	128	130	132	134	136	138	
mmol/L	6.7	6.8	6.9	7.0	7.1	7.2	7.3	7.4	7.5	7.7	
mg/dl	140	142	144	146	148	150	152	154	156	158	
mmol/L	7.8	7.9	8.0	8.1	8.2	8.3	8.4	8.5	8.7	8.8	
mg/dl	160	162	164	166	168	170	172	174	176	178	
mmol/L	8.9	9.0	9.1	9.2	9.3	9.4	9.5	9.7	9.8	9.9	
mg/dl	180	182	184	186	188	190	192	194	196	198	
mmol/L	10.0	10.1	10.2	10.3	10.4	10.5	10.7	10.8	10.9	11.0	
mg/dl	200	202	204	206	208	210	212	214	216	218	
mmol/L	11.1	11.2	11.3	11.4	11.5	11.7	11.8	11.9	12.0	12.1	
mg/dl	220	222	224	226	228	230	232	234	236	238	
mmol/L	12.2	12.3	12.4	12.5	12.7	12.8	12.9	13.0	13.1	13.2	
mg/dl	240	242	244	246	248	250	252	254	256	258	
mmol/L	13.3	13.4	13.5	13.7	13.8	13.9	14.0	14.1	14.2	14.3	
mg/dl	260	262	264	266	268	270	272	274	276	278	
mmol/L	14.4	14.5	14.7	14.8	14.9	15.0	15.1	15.2	15.3	15.4	

Conversion Table for Blood Glucose Monitoring

People from outside the US may find this table convenient for converting US blood glucose values which are given in mg/dl into values generated by their blood glucose meters, which are generated in mmol/L.

mmol/L	mg/dl
0.06	1
0.28	5
0.55	10
1.0	18
1.5	27
2.0	36
2.2	40
2.5	45
2.8	50
3.0	54
3.3	60
3.9	70
4.0	72
4.4	80
4.7	85
5.0	90
5.5	100
6.0	106
6.1	110

mmol/L	mg/dl
6.7	120
7.0	126
7.2	130
7.5	135
7.8	140
8.0	145
8.3	150
8.9	160
9.0	162
9.4	170
10.0	180
10.5	190
11.0	196
11.1	200
12.0	216
12.5	225
13.9	250
14.4	260
15.0	270

mmol/L	mg/dl
16.0	288
16.6	300
17.0	306
18.0	325
19.0	342
20.0	360
20.8	375
22.2	400
23.0	414
24.0	432
25.0	450
26.4	475
27.7	500
30.0	540
33.3	600
38.8	700
40.0	720
44.4	800
50.0	900
