

## Ideal Body Weight (IBW) Tables

The tables below can be used to estimate a patient's Ideal Body Weight (IBW) and Maximum Body Weight (MBW). Patients >20% over IBW are classed as obese (therefore >MBW is classed as obese). Specific guidance for Gentamicin and Vancomycin dosing is given below.

### Females

<b>Height Feet</b>	5'	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'	6'1"	6'2"	6'3"	6'4"
<b>Height Inches</b>	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
<b>Height cm</b>	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	190	193
<b>IBW kg</b>	45.5	47.8	50.1	52.4	54.7	57	59.3	61.6	63.9	66.2	68.5	70.8	73.1	75.4	77.7	80	82.3
<b>MBW kg. Obese if &gt;kg</b>	55	58	60	62	66	68	71	74	77	79	82	85	88	90	94	97	99

### Males

<b>Height Feet</b>	5'	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'	6'1"	6'2"	6'3"	6'4"
<b>Height Inches</b>	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
<b>Height cm</b>	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	190	193
<b>IBW kg</b>	50	52.3	54.6	56.9	59.2	61.5	63.8	66.1	68.4	70.7	73	75.3	77.6	79.9	82.2	84.5	86.8
<b>MBW kg. Obese if &gt;kg</b>	60	62	66	68	71	74	77	79	82	85	88	90	94	96	98	101	104

Adapted from SMC and SAPG documents Jan 2013 for review Jan 2015

This version updated August 2014

## Weight Conversion Table

*This table can be used to convert stones and pounds to kilograms*

Stones (st)	Pounds (lb)	Kilograms (kg)
5	0	32
5	7	35
6	0	38
6	7	41
7	0	45
7	7	48
8	0	51
8	7	54
9	0	57
9	7	60
10	0	64
10	7	67
11	0	70
11	7	73
12	0	76
12	7	80
13	0	83
13	7	86
14	0	89
14	7	92
15	0	95
15	7	99
16	0	102
16	7	105
17	0	108
17	7	111
18	0	115
18	7	117
19	0	121
19	7	124
20	0	127

### **GENTAMICIN**

- If the patient is not obese, the dosage weight for Gentamicin is the same as the patient's actual body weight. Please use [Gentamicin calculator](#) (compatible with Excel)
- Obese patients are those who are 20% heavier than their ideal body weight (see table above) and their dosing weight should be calculated using the [Gentamicin calculator](#) (compatible with Excel). If calculator not available, please use formula below;

$$\text{DOSING WEIGHT} = \text{IBW} + 0.4 (\text{ACTUAL WEIGHT} - \text{IBW})$$

- [REFER TO GENTAMICIN GUIDELINE FOR DOSING AND MONITORING](#)

### **VANCOMYCIN**

- If the patient is not obese, use actual or maximum body weight, whichever is lower, to calculate estimated creatinine clearance
- Obese patients are those who are 20% heavier than their ideal body weight (see table above) and their estimated creatinine clearance should be calculated using their ideal body weight

- [REFER TO VANCOMYCIN GUIDELINE FOR DOSING AND MONITORING](#)

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