



For more information please visit www.pt-global.org

Glucocorticoid Equivalents and Potencies			
Glucocorticoid	Approximately Equivalent Dose (mg)	Relative Anti-inflammatory (Glucocorticoid) Potency	Relative Mineralocorticoid Potency
Short Acting			
Cortisone	25 mg	0.8	2
Hydrocortisone	20 mg	1	2
Intermediate Acting			
Prednisone	5 mg	4	1
Prednisolone	5 mg	4	1
Triamcinolone	4 mg	5	0
Methylprednisolone	4 mg	5	0
Long Acting			
Dexamethasone	0.75 mg	20-30	0
Betamethasone	0.6-0.75 mg	20-30	0

From Facts and Comparison, April 1991, pg 122

Therefore, although these have not been directly compared from a metabolic standpoint, consider the following conversions for insertion into the PG-SGA worksheet for prednisone equivalents.

Prednisone Equivalents for Use in the PG-SGA Worksheet			
	Low	Medium	High
Prednisone	10	20	30
Cortisone	50	100	150
Hydrocortisone	40	80	120
Prednisolone	10	20	30
Methylprednisolone	8	16	24
Dexamethasone	1.5	3	4.5

© FD Ottery 1994