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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.

9601 Prednisone Equivalents – for Guidance			
	Low	Medium	High
Prednisone	<10	≥10-<30	≥30
Cortisone	<50	≥50-<150	≥150
Hydrocortisone	<40	≥40-<120	≥120
Prednisolone	<10	≥10-<30	≥30
Methylprednisolone	<8	≥8-<24	≥24
Dexamethasone	<1.5	≥1.5-<4.5	≥4.5

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