

**Corticosteroid Comparison Chart**

|                                   | Equivalent Glucocorticoid Dose (mg) | Potency relative to Hydrocortisone |                   | Half-Life        |                            |
|-----------------------------------|-------------------------------------|------------------------------------|-------------------|------------------|----------------------------|
|                                   |                                     | Anti-Inflammatory                  | Mineral-Corticoid | Plasma (minutes) | Duration of Action (hours) |
| <i>Short Acting</i>               |                                     |                                    |                   |                  |                            |
| Hydrocortisone (Cortef, Cortisol) | 20                                  | 1                                  | 1                 | 90               | 8-12                       |
| Cortisone Acetate                 | 25                                  | 0.8                                | 0.8               | 30               | 8-12                       |
| <i>Immediate Acting</i>           |                                     |                                    |                   |                  |                            |
| Prednisone                        | 5                                   | 4                                  | 0.8               | 60               | 12-36                      |
| Prednisolone                      | 5                                   | 4                                  | 0.8               | 200              | 12-36                      |
| Triamcinolone                     | 4                                   | 5                                  | 0                 | 300              | 12-36                      |
| Methylprednisolone                | 4                                   | 5                                  | 0.5               | 180              | 12-36                      |
| <i>Long Acting</i>                |                                     |                                    |                   |                  |                            |
| Dexamethasone                     | 0.75                                | 30                                 | 0                 | 200              | 36-54                      |
| Betamethasone                     | .6                                  | 30                                 | 0                 | 300              | 36-54                      |
| <i>Mineralcorticoid</i>           |                                     |                                    |                   |                  |                            |
| Fludrocortisone                   | 0                                   | 15                                 | 150               | 240              | 24-36                      |
| Aldosterone                       | 0                                   | 0                                  | 400+              | 20               | --                         |

Reference: Adrenal Cortical Steroids. In Drug Facts and Comparisons. 5<sup>th</sup> ed. St. Louis, Facts and Comparisons, Inc.: 122-128, 1997

**Commonly Prescribed Replacement Steroid Equivalents**

Prednisone      Cortisone      Dexamethasone      Hydrocortisone (Cortef)  
 5 mg      =      25 mg      =      0.75 mg      =      20 mg



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