



**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>Intermediate 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>Mineralocorticoid</i>					
Fludrocortisone	0	15	150	240	24-36
Aldosterone	0	0	400 +	20	- -

Reference: Adrenal Cortical Steroids. In Drug Facts and Comparisons. 5th 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

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