

Corticosteroid Conversion Table

Glucocorticoid	Approximate equivalent dose (mg)	Half-life (hr)
Short-Acting		
Cortisone	25	8-12
Hydrocortisone	20	8-12
Intermediate-Acting		
Methylprednisolone	4	18-36
Prednisolone	5	18-36
Prednisone	5	18-36
Triamcinolone	4	18-36
Long-Acting		
Betamethasone	0.6 – 0.75	36-54
Dexamethasone	0.75	36-54

1. Dixon JS. Second-line Agents in the Treatment of Rheumatic Diseases. Informa Health Care, 1991. (456).
2. Meikle AW and Tyler FH. Potency and duration of action of glucocorticoids. Am J of Med 1977;63:200.
3. Webb R, Singer M. Oxford Handbook of Critical Care. Oxford ; New York : Oxford University Press, 2005.