

CORTICOSTEROIDS EQUIVALENT DOSES & CHARACTERISTICS

Drug	Equivalent dose (mg)	Mineralocorticoid activity (sodium retention)*	Anti-inflammatory potency*	Half-life (hours)
Cortisol (reference hormone)	20	1	1	8-12
Short-acting				
Hydrocortisone	20	1	1	8-12
Cortisone	25	1	0.8	8-12
Intermediate-acting				
Prednisone	5	0.8	3.5	12-36
Prednisolone	5	0.8	4	12-36
Methylprednisolone	4	0	5	12-36
Triamcinolone	4	0	5	12-36
Deflazacort	6-7.5	0	4	12-36
Long-acting				
Betametasone	0.6	0	25	36-54
Dexametasone	0.75	0	30	36-54

Sicilia B et al. Gastroenterol Hepatol. 2020;43 Suppl 1:1-57.
Dias de Lucena D et al. Expert Opin Drug Metab Toxicol 2018;14(10):1023-1041
Markham A et al. Drugs. 1995;50(2):317-33.

- Myneralocorticoid activity and anti-inflammatory potency compared to cortisol as reference

