

**The provided calculation is based on the anti-inflammatory potency values by National Adrenal Diseases Foundation:**

<b>Drug</b>	<b>Equivalent dose</b>	<b>Anti-inflammatory potency</b>	<b>Duration of action</b>	<b>Change from Pred</b>
<b>Hydrocortisone</b>	<b>20 mg</b>	<b>1</b>	<b>8-12 hours</b>	<b>/ 4</b>
<b>Cortisone</b>	<b>25 mg</b>	<b>0.8</b>	<b>8-12 hours</b>	
<b>Prednisone</b>	<b>5 mg</b>	<b>4</b>	<b>12-36 hours</b>	
<b>Prednisolone</b>	<b>5 mg</b>	<b>4</b>	<b>12-36 hours</b>	
<b>Triamcinolone</b>	<b>4 mg</b>	<b>5</b>	<b>12-36 hours</b>	
<b>Methylprednisolone</b>	<b>4 mg</b>	<b>5</b>	<b>12-36 hours</b>	<b>X1.2</b>
<b>Dexamethasone</b>	<b>0.75 mg</b>	<b>30</b>	<b>36-54 hours</b>	<b>X6.67</b>
<b>Betamethasone</b>	<b>0.6 mg</b>	<b>30</b>	<b>36-54 hours</b>	