

## APPENDIX 11

### COMMON PREDNISONE EQUIVALENTS

**This is a helpful guide not a complete list.**

10 mg prednisone ➤	50	mg cortisone
	1.5	mg dexamethasone
	40	mg hydrocortisone
	8	mg methylprednisolone
	10	mg prednisolone
20 mg prednisone ➤	100	mg cortisone
	3	mg dexamethasone
	80	mg hydrocortisone
	16	mg methylprednisolone
	20	mg prednisolone
30 mg prednisone ➤	150	mg cortisone
	120	mg dexamethasone
	30	mg hydrocortisone
	24	mg methylprednisolone
	4.5	mg prednisolone