Steroid Therapies

Equivalent to Prednisone 5 mg oral (p.o):

Prednisolone 5 mg

Methylprednisone 4 mg

Hydrocortisone 20 mg

Dexamethasone 1.5 mg

Cortisone 25 mg

Prenisolone is preferred in renal insufficiency or failure.

Triamcinolone does not have an oral form; it is long acting and can be topical or IM. 4 mg triamcinolone is equivalent to 5 mg Prednisone.

Betamethasone cream 0.05% can be used to treat phimosis. Also no oral form, topical and IM. Long acting.

**“Medrol Dose Pack”**

The equivalent of 5 mg Prednisone/4 mg Methylprednisone tablets

6 tablets first day

5 tablets second day, etc

Decreasing by one tablet daily, total of 6 days steroid weaning