

Bon Secours Richmond
Department of Pharmacy

To: Professional Staff
From: Marshall Pierce, Department of Pharmacy
Subject: Steroid Restrictions and Dosage Conversion Chart

The manufacturer of Solumedrol injection is unable to supply the medication in adequate quantities. When possible please use oral prednisone. If an injectable agent is needed dexamethasone phosphate is recommended.

Dosage conversion

Solumedrol 125 mg = 24 mg of Decadron

Solumedrol 40 mg = 7.5 mg of Decadron

Note: Both prednisone and methylprednisolone have mineralocorticoid activity while dexamethasone does not. When converting to dexamethasone monitoring of serum electrolytes in selected patients may be needed

Generic (Brand)	Equivalent Antiinflammatory Dose	Antiinflammatory Potency	Mineralocorticoid Potency	Biological Half Life (Hours)	Restricted Access to the noted areas (Italic) and suggested alternatives during product shortages
Prednisone	5	4	1	18-36	
Methylprednisolone Depo-Medrol	4	5	0	18-36	<i>OR, Angio and Pain Center for Spinal Injections</i> Use preservative containing products for joint injections (non-epidural) such as Kenalog (triamcinolone)
Methylprednisolone Solu-Medrol	4	5	0.6	18-36	<i>Spinal cord injury patients:</i> dexamethasone 7.5 mg/kg over 1 hour followed by 1 mg/kg/hour has been used for spinal cord injury patients Use dexamethasone during shortages for all other patients.
Dexamethasone	0.75	20-30	0	36-54	
Betamethasone Celestone	0.6-0.75	20-30	0	36-54	<i>OB use only for antenatal lung development during premature labor and delivery</i> Alternative for antenatal lung development: Dexamethasone 6 mg q12h x 4 doses may be used.
Hydrocortisone Solu-Cortef	20	1	2	8-12	<i>Adrenal crisis and postsurgical stress in steroid dependent patients</i>
Cortisone	25	0.8	2	8-12	
Prednisolone	5	4	1	18-36	
Triamcinolone	4	5	0	18-36	
Fludrocortisone		10	125	18-36	