

**Table 4. Typical Glucocorticoid Treatment Schedules**

Products	Average daily dose (usual dose range)		Typical schedule			
	Men	Women	Morning	Lunch	16h	Before bedtime
Hydrocortisone	30 mg (20-40 mg)	20 mg (15-30 mg)	10-20 mg	10 mg	(5 mg)	(5 mg)
Cortisone	37.5 mg (25-50 mg)	25 mg (20-37.5 mg)	12.5-25mg	12.5 mg	(6.25 mg)	(6.25 mg)
Prednisone, prednisolone	5 mg (2.5 -7.5 mg)	5 mg (2-6.75 mg)	5 mg	////////	////////	////////
Methylprednisolone	4 mg (2-6 mg)	4 mg (2-6 mg)	4 mg	////////	////////	////////
Dexamethasone	To ~ body hair growth in women; not for daily	0.35 mg (0.15-0.5 mg)	0.25 mg	////////	////////	////////

Note: In most cases, the dose between parentheses is not administered, but there are exceptions in which intake is necessary for patients to benefit from continuous cortisol.