

Opioid Equivalence Chart

PO Morphine	10mg	Conversion to PO morphine
PO Hydrocodone	10mg	1:1
PO Oxycodone	6.67mg	1.5:1
PO Hydromorphone	2mg	5:1
PO Methadone	2-5mg*	variable
IV Morphine	3.33mg	3:1
IV Hydromorphone	0.4mg	25:1
IV Fentanyl	100mcg	100:1
Fentanyl Patch	**	**

*Methadone has a long half-life and variable cross-tolerance.

Beware when converting to or from other opioids

**60 mg/day oral morphine \approx 25 mcg/hour fentanyl patch

Steroid Equivalence Chart

Steroid	Dose to get equivalent Glucocorticoid Activity to Prednisone 5mg	Relative Mineralocorticoid Activity (at that dose)
PO Prednisone or Prednisolone	5mg	1 (reference standard)
IV Methylprednisolone (Solumedrol)	4mg	0.625
IV or PO Hydrocortisone	20mg	1.25
IV or PO Dexamethasone	0.75mg	None*

*This is why Dexamethasone is often preferred when very high doses of glucocorticoid are needed.