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The aim of this study was to assess the human pharmaceutical products that have been registered in Kenya in order to determine the most common routes of administration and type of dosage forms that are used. Registered pharmaceutical products were categorized by route of administration and then sub-categorized by the dosage form. Oral dosage forms were the most common accounting for 73% of all registered products. Parenteral and topical products represented 18% and 4% of the registered products respectively. Ophthalmic and pulmonary dosage forms accounted for 2% and 1% of the registered products, respectively. All other dosage forms categories individually accounted for less than 1% of the registered products. For most routes of administration, a variety of specific dosage forms were observed. The paper also briefly reviews the advantages and disadvantages of the routes of administration and the dosage forms that were observed.