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 We use this protocol and it's working

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C. elegans bleaching solution preparation V.1

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ABSTRACT

The *C. elegans* bleaching solution is used for several purposes:

- destroying and removing bacterial or fungal cells from a contaminated *C. elegans* population. This is possible because *C. elegans* eggs are resistant to the bleaching used in this protocol but most fungi and bacteria are not.
- synchronising a *C. elegans* population consisting of worms at different developmental stages. This is possible because eggs are resistant to the bleaching used in this protocol but hatched worms (larvae and adults) are not.

MATERIALS

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- Disposable gloves, nitrile Contributed by users
- sodium hydroxide 10 M Contributed by users
- DEPC water Contributed by users
- Sodium hypochlorite solution Honeywell International Inc. Catalog #239305-500ML
- 50 ml Falcon tube Contributed by users

SAFETY WARNINGS

- Sodium hypochlorite and sodium hydroxide are highly toxic and should be handled with care, wearing a lab coat and goggles. Read relevant information.

Keywords: nematode, bleaching, *C. elegans*, *Caenorhabditis elegans*, worm, synchronisation, synchronization, decontamination

BEFORE START INSTRUCTIONS

Prepare the bleaching solution.

Get a plate of gravid (= pregnant) worms or a plate with lots of unhatched eggs if you want to carry out an egg prep.

- 1 Add 42 ml DEPC water to a 50 ml Falcon tube. 3m
- 2 Add 3 ml 10 M NaOH 3m
- 3 Add 5 ml sodium hypochlorite solution 3m
- 4 See relevant protocol for details but 6 ml of bleaching solution for 5 minutes on a vortex in 14 ml tubes should be sufficient to dissolve worms and spare eggs.