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Tracking bleach synchronized worms

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Protocol status: Working

We use this protocol and it's working

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Troubleshooting



Preparing Imaging plates

- 1 Prepare and pour low peptone NGM onto 35mm imaging plates
 - Put them in the cold room for at least 2 days before use
 - Seed imaging plates with 50ul of freshly made 1:10 solution (OP50:M9 solution) the day before recording
 - Leave on bench to dry with lid on overnight

Preparing worms

- 2 Chunk the worms on 3 maintenance plates
 - Bleach the worms after 2 days following the protocol for *Bleach synchronization of c* elegans
 - Refeed the starved L1s on 2 different NGM plates that are OP50 seeded, 72hr prior to the experiment day (Repeat for every strain to be tracked)

Day of recording

- 3 Using a hair pick – pick 5 young adults onto the seeded imaging plates
 - Put the plates on the tracker agar side up with the lids off
 - Wait 30min for the worms to acclimatise
 - Record for 15min (See protocol *Imaging on the multiworm tracker* for detailed tracking instructions)