Sterile or aseptic technique is doing things that don’t get your experiments contaminated. There are bacteria and yeast everywhere. Even leaving something open for a few seconds can lead to contamination so scientist learn to always be safe. Always remember it is better to start your experiment over then to spend the extra time figuring out what went wrong. Be as careful and anal as possible when doing experiments because this allows lots of room for error.

Alcohol and Clorox wipes are your friends. These will kill microorganisms like bacteria and yeast and help prevent contamination.

1. Always wear gloves.

It is just a good habit to have. Gloves are cheap. They can be reused.

1. When performing an experiment where I am working with organisms or DNA the first thing you should do is clean your gloves with > 90% ethanol or isopropyl alcohol. Don’t use liquor that you would drink as it usually contains sugar and other additives that won’t keep an environment sterile.
2. For good measure put some alcohol on your gloves and rub it all over your pipette.
3. Wipe down the surface you are working on with alcohol or clorox wipes or 5% bleach (this is just 19 parts water to 1 part bleach).
4. If your pipette tip ever touches something on accident before you use it discard it and get another one.
5. Use pipette tips only once before discarding. You can clean pipette tips but it is not recommended as they are also inexpensive.