**Motility Assay BHIS media**

250 mL distilled H2O in 500 mL Erlenmeyer flask

Place on hot plate with stir bar

9.25 g BHI media mix

1.25 g Agar (5g/L Agar)

Stir until mixed, cover with foil and autoclave tape

Autoclave for 15 minutes on a wet cycle

Allow to cool slightly, turn on Bunsen burner for aseptic technique

(allowed to come up to 50C in water bath before adding)

2.5 mL cysteine solution

50 µL TTC solution (0.01 g TTC / L)

Aliquot 8mL per 14mL conical

(When traveling though airlock keep lid loose to allow excess oxygen to escape.)

**Cysteine Solution**

50 mL conical

1 g cysteine powder

10 mL distilled H2O

Allow to sit in water bath at 55ºC to dissolve

Vortex slightly

Vacuum filter

(for 2.5 mL cysteine solution, 0.25 g cysteine powder in 2.5 mL distilled H2O)

**TTC Solution**

50 mL conical

1g TTC

20mL PBS

Shake and let sit 10min to dissolve

Vacuum filter