**Preparation**

1. Work in the tissue culture room. Turn the UV light on for 30 minutes before and after working in the biocabinet. Spray each item entering the biocabinet with 70% ethanol including gloves
2. Aliquot enough media (25 mL for each sample) and place in a 37C water bath for at least an hour
3. Label a conical tube and tissue culture flask for each sample
4. Fill a Styrofoam container with dry ice. Place lid on container and grab cells from liquid nitrogen on floor 2 phase 1

**Move Cells from Cryovial to Tissue Culture Flask**

1. Remove the cryovial containing the frozen cells from dry ice and immediately place in a 37C water bath
2. Quickly thaw the cells swirling the vial in the 37C water bath until there is just a small bit of ice left
3. Transfer the vial into the biocabinet. Before opening, wipe the outside of the vial with 70% ethanol
4. Transfer the cells from the cryovial to the labeled conical tube
5. Transfer 10 mL of pre warmed media appropriate for your cell line dropwise into the conical tube containing cells
6. Centrifuge the cell suspension at 150\*g for 5 minutes
7. Check to be sure there is a cell pellet. Decant the supernatant without disrupting the pellet
8. Gently resuspend the cells in pre warmed media. Transfer the cells and media into the appropriate culture vessel and incubate at 37C

**Maintenance**

1. Be sure to change media the day after thawing cells to remove any residual DMSO