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| Sample ID | TV wt + Dry lipid | Sample ID | TV wt + Dry lipid | Sample ID | TV wt + Dry lipid |
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| **Step 1: Preparation**   * Remove vials from SpeedVac, turn off Speedvac properly * Gather materials:   + 2 sets of LC vials, crimp caps, and crimper     - 1 - labeled with sample ID     - 2 - labeled sequentially with corresponding rep ID (Rep-#)   + 3 mL syringes and filters   + Pasteur pipettes   + Automatic pipette and 5 mL pipette tubes   + Small beaker: **REMOVE FROM OVEN**   + DCM * Weigh and record extractions vials + dry   **Step 2: Dilution**   * Estimate volume needed to complete all the dilution at 4mL per vial. Plus, an additional 10 mL into beaker * Unscrew caps on tubes: **up to 6 vials at a time** * Add **EXACTLY** 4 mL of DCM to each vial * Prepare syringe and filter; place into the intended storage vial * Prepare Pasteur pipet * Vortex extraction vial; 6 seconds   + **Use this time to match the extraction vial ID to the LC vial ID** * Transfer 3mL into syringe and fill LC vial to 1.5mL * Quickly move syringe and filter into LC run vial and fill with remaining dilution * Crimp and seal vials **TIGHTLY**   **Step 3: Clean Up**   * Syringes and filters 🡪 biohazard waste * Automatic pipette tips and Pastuer pipettes 🡪 glass disposal * Extraction vials 🡪 into Liquinox * Black septa caps 🡪 into Liquinox |