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## Longitudinal Analysis of C elegans (L4, YA D2 & YA D5)

Priota Islam<sup>1</sup>

<sup>1</sup>Imperial College London

1

Works for me

[dx.doi.org/10.17504/protocols.io.bbk2ikye](https://doi.org/10.17504/protocols.io.bbk2ikye)



Priota Islam  
Imperial College London



- 1 Bleach synchronize the worms following the protocol *Bleach synchronisation of C. elegans*
- 2 Refeed the arrested L1s 2 days prior to tracking (Refeed per strain on 3 plates)
- 3 Prepare the imaging plates by seeding with 50ul OP50 and leave to dry on bench top/hood
- 4 Image the strains at the following stages: L4, Day 2 and Day 5.

On the day of imaging, pick 5 worms per imaging plate and place on the Phenix rig to acclimatize for 30mins followed by imaging for 15minutes

- 5 Discard the plates post imaging
- 6 Note:  
On D2 of the tracking, pick around 40 worms from each strain onto 2 new plates for D5 tracking, otherwise the plate will be too crowded, and it will be difficult to differentiate the age.



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