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## Spot-bleaching of a handful of *C. elegans* nematode worms

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Works for me

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### ABSTRACT

This protocol describes the spot-bleaching of *C. elegans*

### GUIDELINES

To get rid of contaminants, you can bleach your worms in a tube (most efficient method) or spot bleach on an agar plate (faster method).

### MATERIALS

NAME ▾	CATALOG # ▾	VENDOR ▾
M9 solution for nematode culture	<a href="#">View</a>	
bleaching solution for <i>C. elegans</i>	<a href="#">View</a>	
Handful of gravid (pregnant) <i>C. elegans</i> worms	<a href="#">View</a>	

### SAFETY WARNINGS

Wear a lab coat and gloves when you handle the bleaching solution. Avoid wearing gloves next to a flame.

### BEFORE STARTING

Prepare bleaching solution. Make sure the bleaching solution is less than one month old.

1. Put a drop (20 to 50 µl) of bleaching solution on the edge of a clean NGM plate seeded with *E. coli*.
2. Pick several gravid hermaphrodites in the drop. The bleaching solution will kill the contaminants and hermaphrodites but will soak into the plate before the embryos hatch.
3. The next day the L1 larvae will have crawled into the *E. coli* OP50 lawn. Transfer them to a clean NGM plate seeded with an *E. coli* OP50 lawn, or cut the patch of dead bacteria/bleach agar.



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