



Tracking bleach synchronized worms

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[dx.doi.org/10.17504/protocols.io.yb4fsqw](https://doi.org/10.17504/protocols.io.yb4fsqw)



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PROTOCOL STATUS

Working

We use this protocol in our group and it is working

Preparing Imaging plates

- 1
 - Prepare and pour low peptone NGM onto 35mm imaging plates
 - Put them in the cold room for at least 2 days before use
 - Seed imaging plates with 50ul of freshly made 1:10 solution (OP50:M9 solution) the day before recording
 - Leave on bench to dry with lid on overnight

Preparing worms

- 2
 - Chunk the worms on 3 maintenance plates
 - Bleach the worms after 2 days following the protocol for ***Bleach synchronization of c elegans***
 - Refeed the starved L1s on 2 different NGM plates that are OP50 seeded, 72hr prior to the experiment day (Repeat for every strain to be tracked)

Day of recording

- 3
 - Using a hair pick – pick 5 young adults onto the seeded imaging plates
 - Put the plates on the tracker – agar side up with the lids off
 - Wait 30min for the worms to acclimatise
 - Record for 15min (See protocol ***Imaging on the multiworm tracker*** for detailed tracking instructions)



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