



## Double picking protocol for tracking

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### PROTOCOL STATUS

#### Working

We use this protocol in our group and it is working

#### Imaging plates

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

#### Day before recording

2. Pick around 45 L4s with a hair pick onto seeded NGM plate from maintenance plates having a mixed population of worms
2. Leave the plates in a 20C incubator for ~24hrs

#### Day of recording

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



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