Tracking bleach synchronized worms

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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)