Protein Gel Staining with Coomassie Blue G-250

1. Remove the gel from the electrophoresis chamber and place enough 0.2% Coomassie Blue G-250 (prepared in 50% methanol/ 10% acetic acid) to cover the gel. Use freshly washed labware that has never been in contact with nonfat milk, BSA or any other blocking reagent to prevent carryover contamination. Stain for about 5 minutes.
2. Discard stain and rinse briefly with deionized water to remove most of the residual stain in the glassware.
3. Destain with 40% HPLC grade methanol/ 10% acetic acid, replacing the solution every 10-20 minutes until faint bands are observed. Kimwipes rolled up into balls can be added to speed up the destaining.
4. Continue destaining with deionized water until bands are very clean. Usually destain overnight in deionized water. Bands/spots can now be excised and submitted for analysis.