**Worm Lysates for PCR**

**Worm Lysis Buffer (WLB)**

50 mM KCl

10 mM Tris pH 8.3

2.5 mM MgCl2

0.45% NP-40 (IGEPAL)

0.45% Tween-20

0.01% Gelatin

**Worm Lysis**

1. Thaw one tube of WLB on ice. Be sure it thaws completely. Add 0.5μl of 20mg/ml proteinase K to every 100μl of WLB to make the final concentration of proteinase K 100μg/ml. Mix by vortexing **briefly**. WLB with proteinase K is called WLB+K.

2. Pipette 20μl of WLB+K into the **cap** of a PCR tube. Keep on ice.

3. Pick ~30 adult hermaphrodite worms into the WLB+K. Use the microscope to ensure that the worms come off the pick – they should be swimming in the buffer. Close the tubes and briefly centrifuge at low speed to bring the worms and buffer to the bottom.

4. Freeze tubes in a -70°C or -80°C freezer for at least 15 minutes or overnight.

5. Use a PCR machine/thermocycler to incubate the tubes at 65°C for 1 hour to digest worm proteins and then incubate at 95°C for 15 minutes to inactivate the proteinase K. Use the worm lysate right away or store lysate at -70°C for later use.