**Worm Decontamination by Bleaching (from WormBook)**

Removing bacterial or yeast contaminants from *C. elegans* strains.

* *Reagents*
  + 5 N NaOH
  + Household bleach (5% solution of sodium hypochlorite)
* *Methods*
  + Use contaminated *C. elegans* stock plates that have many gravid hermaphrodites.[†](http://www.wormbook.org/chapters/www_strainmaintain/strainmaintain.html" \l "ftn.d0e737) Wash the plates with sterile H2O. Pipet the H2O across the plate several times to loosen worms and eggs that are stuck in the bacteria.
  + Collect the liquid in a sterile 5 ml conical centrifuge tube with cap. Add H2O to total 3.5 ml.
  + Mix 0.5 ml 5 N NaOH with 1 ml bleach. Make this solution fresh just before use! Add to the centrifuge tube with the worms.
  + Shake well or vortex the tube for a few seconds. Repeat shaking/vortexing every 2 minutes for a total of 10 minutes.
  + Spin the tube in a table top centrifuge for 30 seconds at 1300 x g to pellet released eggs.
  + Aspirate to 0.1 ml.
  + Add sterile H2O to 5 ml. Shake well or vortex for a few seconds.
  + Repeat steps 5 and 6.
  + Use a Pasteur pipet to transfer the eggs in the remaining 0.1 ml of liquid to the edge of a clean NGM plate seeded with an *E. coli* OP50 lawn.
  + The next day the eggs will have hatched and the larvae will have crawled into the *E. coli* OP50 lawn. Transfer the hatched larvae to a clean NGM plate seeded with a lawn.

Small scale method for removing bacterial or yeast contaminants

* *Reagents*
  + 1 N NaOH
  + Household bleach (5% solution of sodium hypochlorite)
* *Methods*
  + Make a 1:1 mixture of 1N NaOH:bleach. Put a drop of this solution on the edge of a clean NGM plate seeded with an *E. coli* OP50 lawn.
  + Put several gravid hermaphrodites in the drop. The solution will kill the contaminants and hermaphrodites but will soak into the plate before the embryos hatch.
  + The next day the larvae will have crawled into the *E. coli* OP50 lawn. Transfer them to a clean NGM plate seeded with an *E. coli* OP50 lawn.