

***Caenorhabditis elegans* – synchronization**

1. Adult *C. elegans* in 100 µl of sterile PBS mix with 1 ml of bleach in the Eppendorf tube.
2. Vortex it time to time for 10 minutes. (Only eggs should survive the treatment.)
3. Centrifuge at 1300g, 30 s, RT.
4. Remove the supernatant (1 ml) and replace it with sterile PBS.
5. Repeat steps 3. - 4. twice.
6. After removing the supernatant, take the remaining suspension with the pellet (100 µl) and place it on the agar plate with *Escherichia coli* OP50.
7. Seal the Petri dish using parafilm to prevent contamination.

Bleach solution:

- 0.5 ml 5M NaOH (0.1 g NaOH + 500 µl dH₂O)
- 1 ml 5% NaClO (50 µl NaClO + 950 µl dH₂O)