**Cell Biology and Physiology Lab**

**Aseptic Techniques for Cell Culture**

* Cell culture room should have minimal traffic
* Do not open windows or use fans in the cell culture room
* Door to room should be closed when using hood (as much as possible)
* Clean warm water baths frequently (or better yet, use metal bath beads)
* Periodically clean incubators
* Everything used has to be cleaned/sterilized/autoclaved
  + Cover items to be autoclaved in foil – that way the item stays sterile when transferred from autoclave to workbench
  + All prepared solutions must be filter sterilized
* Handle only one cell line at a time
* Use incubator only for cell culture (no micro, etc)
* Use fridge/freezer only for cell culture
* Culture should be regularly inspected for contamination
* Promptly dispose of culture when contamination is seen
* Divide sterile solutions into single use aliquots
  + That way, everyone is not taking solution out of the same bottle. Also, if an aliquot is contaminated/exposed, you can get rid of it (instead of the whole bottle of solution, which can be expensive)
  + Do this under the hood!
* Avoid sharing of bottles with other people
* Use filtered pipettes
* Avoid pouring sterile liquids when possible, pipette as much as possible
* Clean spills immediately and wipe with disinfectant
* Hood
  + Turn on hood 15 minutes prior to use
  + Wipe down hood with alcohol
  + Never raise the front glass too high
  + Wipe down everything coming into the hood with alcohol
  + Limit people access to the hood
  + Avoid unnecessary talking
  + Try to get all the material you need before you start work, try not to move things in and out of the hood while working
  + Keep the hood uncluttered
* Transporting cultures
  + Minimize distance (try to have incubator close to hood)
  + Use flasks with vented caps whenever possible
* Wear clean lab coat (when wearing one)
* Wash hands thoroughly
* Avoid wearing any jewelry on the hands/arms