Cell Biology and Physiology Lab

Thawing Frozen Cells

The goal is to get them unfrozen quickly and transferred to warm media to make them “happy.”

Materials:

* Cryovial containing frozen cells
* Media, warmed to 37ºC
* Sterile centrifuge tubes
* Bead bath at 37ºC
* 70% ethanol
* Sterile flasks or plates

Method:

* Remove vial from liquid nitrogen and immediately place in bead bath
	+ DO NOT leave the vial
* Gently swirl vial (try to do this within 1 minute)
* Transfer vial to hood
* Wipe vial with alcohol
* Transfer contents of tube to 50ml centrifuge tube
* Add warm media drop by drop (slowly to the tube)
* Centrifuge the tube, 200g for 5 minutes
* Take tube back to hood
* Discard media, don’t disturb pellet
* Resuspend cells in 10ml warm media
* Do a cell count to determine how many flasks and how much media you need
* Place flasks in CO2 incubator

