**Paramecium Setup Protocol**

**Preparing media:**

Note: this recipe is for 2.5 litres (i.e. 2500 mL of distilled water)

**Step 1:** Obtain a 2.5 L or larger beaker. Fill it with **2 L** of distilled water.

**Step 2:** Place it on the magnetic stir and drop a magnet into the beaker. Turn on the magnetic stir.

**Step 3:** While stirring, add the following into the beaker:

Instant Ocean…………………………………………...2.5g

Wheat Grass Powder…………………………………..5.0g

Yeast Tablet (grind or crush to powder)......................0.3g

MgSO4…………………………………………………...0.2g

**Step 4:** Add the remaining 500 mL of water into the beaker with the ingredients. Ensure all ingredients are fully dissolved.

**Step 5:** If you choose to store the media in 500 mL glass bottles, pour 500 mL of the solution into each bottle. Ensure that each bottle receives an equal amount of the residue found at the bottom of the beaker as well.

**Step 6:** Into each bottle add 6 wheat seeds.

**Step 7:** Autoclave all bottles for 20 min. Settings: (20 min. sterilize, 0 min. dry).

**Step 8:** Upon completion of autoclaving allow the media to cool down.

**SEEDING PARAMECIUM (Seed a new culture every week from a 2 week old culture if possible)**

**Step 9:** From a pre-existing paramecium culture that has already been seeded, pour approx. 100 mL of that culture into a beaker. Add 100 ml of new media and leave for 10 mins so the paramecia get used to the new media. Pour beaker contents into autoclaved bottle of fresh media. Label the date.

**COLLECTING PARAMECIUM**

*Prior to starting this… take a cotton ball, some floss (approx 20 cm), wooden skewer, wrap in aluminum foil, and autoclave.*

**Step 10:** After 2 weeks pour the paramecium into a volumetric flask. Leaving approx. 5-10 cm from the top empty.

**Step 11:** Tie the cotton ball to the end of the floss and using the wooden skewer, push the cotton ball down the neck of the flask until the top of the cotton reaches the surface of the liquid. MAKE SURE THERE IS NO BUBBLE!

**Step 12:** Pour approx 10 mL of sterilized distilled water on top of the cotton ball.

**Step 13:** Cover the entire bottom of the flask with aluminum leaving the neck completely exposed. Place the flask under a heat lamp for approx 18-24 hours.

**Step 14:** After 18-24 hours, pipette all liquid found on top of the cotton ball into a conical tube. The liquid should be a cloudy white. This is the paramecium. You should notice a few small white creatures swimming around.

**Step 15:** Rinse flask with water and bleach.

**Step 16:** Paramecium can be stored at room temperature. This culture should last for one week depending on how many embryos are being fed.