## DO

- ✓ Fill out our Sample submission form before sending samples
- Contact our Core facility stuff at any time to discuss your project, sample preparation, processing time and cost
- Give us as many information as you can about your samples
- ✓ Use clean containers and tubes to stain and store your gels.
- ✓ Wear gloves at all time during sample preparation for MS
- √ Thoroughly de-stain your gel before sending it to us
- ✓ Cut gel bands on a clean glass plate using a clean scalpel.
- Acknowledge our Core facility in your publications, if our services have contributed to your work

## **DON'T**

- ✓ Use a silver stain or commercial kits for Coomassie staining
- ✓ Use detergents
- ✓ Use parafilm
- ✓ Use more than 5% glycerol
- ✓ Incubate gels in a microwave to expedite Coomassie staining