III. Procedure

A. Isolation of DNA from Your Cheek Cells

1. You will receive 500μl of 0.9% saline in a 1.5mL tube. Clearly label the top of this tube with your initials.

2. Gently swab the inside of your mouth with the sterile swab. You may want to swab the inside of both cheeks to get more cells.

3. Swirl the swab in the saline solution for at least 30 seconds and cap tightly.

4. **TF:** Place the tube in a centrifuge with other class samples. Make sure the centrifuge is balanced and then spin the tubes for 10 minutes @ 10,000 rpm.

5. There should be a cell pellet at the bottom of the tubes. Gently pour off the supernatant and save the cell pellet.

6. Resuspend Chelex beads (green tube) by pipetting them slowly in and out of the pipettor. Before the beads settle, draw off 500 μl of the mixed suspension and transfer it to the tube containing your cheek-cell pellet.

7. Resuspend the cheek-cell pellet by slowly pipetting in and out of the pipettor several times. Make sure there are no visible cell clumps. Close the cap firmly.

8. Place your labeled tube in a 100° C heat block for 10 minutes. Your TF will take your tubes off the heat block after 10 minutes and vent the caps to release the heat before the next step.

9. Next place your tube in a balanced microcentrifuge and spin for 30 seconds.

10. Being careful not to disturb the pellet, pipet 50 μl of the supernatant to a clean 1.5ml tube. Label the tube with your initials, and store it on ice. This is your cheek-cell DNA sample.