

Coomassie Blue Staining SDS-PAGE Gels

1. Fix gel in 10 volumes of 1X fixer for 30 minutes at room temperature. Fixer (1X) is 40% methanol and 10% acetic acid. Discard fixer when done. This step may go overnight.
2. Stain gel in 10 volumes of Coomassie Blue Stain for 1 hour at room temperature. Save staining solution. Re-use solution for 1 month to 1 year. This step may go overnight.
3. Destain gel in 10 volumes of 1X destain for 30 minutes at room temperature.
4. Repeat the destain step.
5. Soak gel in 1-2% glycerol in ddH₂O for 15 minutes. The gel is ready to photograph or dry.

Rehydration of a dried gel:

1. Place dried gel with paper in 100-200 mls of:
30% glycerol
20% methanol
10% acetic acid
2. Rotate or rock gently for 30 minutes to 2 hours at room temperature.
3. After gel has hydrated, it may be removed from paper and equilibrated with solutions with higher water content.