Protocol for Staining Gels with Coomassie Blue G-250

1. Remove the gel from the electrophoresis chamber and place enough 0.5% Coomassie Blue G-250 (prepared in 50% methanol/ 10% acetic acid) to cover the gel. Use freshly washed labware that has never been in contact with nonfat milk, BSA or any other protein blocking agent to prevent carryover contamination. Stain for about 5 minutes.

2. Discard stain and rinse briefly with MilliQ water to remove most of the residual stain in the glassware.

3. Destain with 40% HPLC grade methanol/ 10% acetic acid, replacing the solution every 10-20 minutes until faint bands are observed. Kimwipes rolled up into balls can be added to speed up the destaining.

4. Continue destaining with MilliQ water until bands are very clean. Usually we destain overnight in MilliQ water with several Kimwipes present. Bands/spots can now be excised and submitted for analysis.