

VAGHURT RECIPE

Equipment

Pressure pot	Scales
Gas flame	Aluminium foil
Disposal jar for hazardous waste	Intimate soap
Incubator/ DIY incubator	Paper towels
Cooker	Sterile test tubes/ small sterilised glass jars
Glass jars with lids	Cotton buds
Spoons	70% Ethanol
Whisk	Pipette/sterile pipette tips

DAY 1- Make a Lacto-broth and inoculate with vagina cultures.

1/ Wrap required number of cotton buds for each person separately in aluminium foil. place them all in another jar and close the lid, keeping it loose.

2/ Use the scales to weigh all the ingredients, transfer them in the glass jar and whisk thoroughly until no clusters are present.

DIY Broth ingredients	%	Weight (g)
Skimmed milk powder	2.00%	10
Glucose	2.00%	10
Marmite	0.10%	0.5
Distilled water		479.5
Total Weight		500

3/ The mixture now needs to be sterilised either by:

- **Using a pressure cooker:** pour the mixture into a glass jar and close the lid keeping it loose. Place the broth jar and the cotton bud jar into the pressure cooker, add about 3-4 cm of water and start cooking. When the pot begins to hiss, cook for another 20 min then wait until the pot cools down and the pressure decreases before opening.

- **Using a saucepan or glass beaker:** boil the mixture for 5 min with the lid on then allow to cool slightly.

At this point we will require the use of aseptic techniques:

Assign a work surface area for a "clean zone" and wipe with ethanol. Wash hands with soap. Ideally work within a meter of the flame. CAUTION! Ethanol is flammable so make sure it is kept away from the flame.

some helpful links:

http://www.microeguide.com/lab_skills/aseptic_tech.asp

http://www.microeguide.com/lab_skills/broth_transfer.asp

4/ By working close to the flame each participant transfers 15 ml of the broth into the sterile plastic test tubes.

5/ Wait until the broth in the test tubes is approximately 40°C, then perform the swabbing.

6/ Label the test tubes.

7/ Using a feminine soap, clean the outside of the vagina.

8/ Using aseptic techniques, swab the inner walls of vagina with a cotton bud and then inoculate the broth by stirring the bud in the test tube, dispose of the used cotton bud in designated glass jar. Replace the lid of the tube and shake. Repeat the same procedure with the others.

9/ Place test tubes in the incubator for 24 hrs @ 43°C.

10/ Sterilise hazardous waste in pressure cooker.

DAY 2 – Ferment milk with vagina cultures.

1/ Inspect the incubated test tubes.

2/ Sterilise glass jars with lids in pressure cooker or boil in a saucepan.

3/ Bring milk almost to boil, transfer into sterile glass jars close the lids and allow the milk to cool down to approximately 40°C

4/ Using aseptic techniques, transfer incubated broth into the jar (1ml to every 50ml of milk), if using pipette tips dispose of in designated glass jar.

5/ Incubate for 24 hrs @ 43°C

6/ Sterilise hazardous waste in pressure cooker.

DAY 3 – Inspecting the ferment

1/ inspect the ferment (colour, texture and smell).

2/ Sterilise hazardous waste in the pressure cooker.

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General Safety Rules and Procedures

- 1/ No food or drinks are permitted in the working area at any time.
- 2/ Closed-toe shoes are recommended to be worn in the laboratory.
- 3/ Keep hands and other objects away from your face, nose, eyes, ears, and mouth.
- 4/ Work areas/surfaces must be disinfected before and after use.
- 5/ Laboratory coats are recommended. They should not be worn outside the laboratory.
- 6/ Long hair should be secured behind your head.
- 7/ Hands must be washed before and after lab work.
- 8/ All unnecessary personal belongings must be kept off the countertops.
- 9/ Never pipette anything by mouth (including water). Always use pipetting devices.
- 10/ Label all materials with your name, date and any other applicable information (e.g., media, organism, etc.). Test tubes should be labelled on their surface, never on the cap.
- 10/ Dispose of wastes in the designated containers. NEVER put contaminated material in regular waste baskets or sinks or on the countertop.
- 12/ Do not pour biohazardous fluids down the sink.
- 13/ Do not walk about the laboratory with transfer loops, wires, needles, or pipettes containing infectious material.
- 16/ Be careful around the flames. The flame cannot be left unattended.
- 17/ Report any broken equipment.
- 18/ If you are injured in the laboratory, immediately contact your course instructor.
- 19/ Any chemical or biological fluid spills must be immediately reported to the workshop organisers
- 20/ Use appropriate universal precautions with all biological fluids.