

SingleShot™ SYBR® Green Kit

Catalog #	Description
172-5085	SingleShot™ SYBR® Green Kit , 100 x 50 µl reactions

For research purposes only.

Introduction

The SingleShot™ SYBR® Green Kit prepares genomic DNA (gDNA)-free RNA directly from cell culture in approximately 20 min for use in reverse transcription quantitative PCR (RT-qPCR) applications. This kit is compatible with an input of 100,000–10 cells from suspension, adherent cells, or primary cells from cell cultures. With the SingleShot™ SYBR® Green Kit, gene expression analysis can be completed in approximately 2 hours from cell culture to quantification cycle (Cq). This kit includes reagents for the RT-qPCR reactions and a SYBR® Green-based qPCR control assay to optimize input cell number and input lysate amount.

Kit Contents (100 x 50 µl reactions)

Cell Lysis Reagents	Description
SingleShot Cell Lysis Buffer	5 ml (1 x 5 ml vial)
Proteinase K Solution	100 µl (1 x 1 ml vial)
DNase Solution	100 µl (1 x 1 ml vial)

Store all components at –20°C for up to 1 year.

Controls

SingleShot RNA Control	200 reactions
SingleShot RNA Control Template	Lyophilized
SingleShot™ SYBR® Green qPCR Control Assay	200 µl

Store the control template, once resuspended, at –80°C. Store the qPCR assay at –20°C for up to 1 year.

RT-qPCR Reagents

iScript™ Advanced cDNA Synthesis Kit for RT-qPCR	100 reactions
5x iScript Advanced Reaction Mix	1 vial
iScript Advanced Reverse Transcriptase	1 vial
Nuclease-Free Water	1.5 ml
SsoAdvanced™ Universal SYBR® Green Supermix	5 x 1 ml vial (500 reactions)

Store the RT-qPCR products at –20°C for up to 1 year. The SsoAdvanced Supermix can be stored at 4°C for up to 3 months.

Reagents Required but Not Provided

- Phosphate buffered saline (PBS) for washing the cells
- TE buffer (nuclease-free) pH 7.5 for resuspending the SingleShot RNA control template

Processing of Adherent Cells in a 96-well Culture Plate

- ❗ For processing adherent cells in non-96-well cell culture plates, refer to Table 1 in Appendix A
 - ❗ For processing trypsinized adherent cells, neutralize the trypsin with culture medium. Follow instructions in Processing Nonadherent Cells in a 96-Well PCR Plate section
1. Seed the cell culture in advance in a 96-well culture plate so that the cell numbers at harvest are in the range of 100,000–10 cells/well.
 - ❗ For adherent cells, it is important to use cells that are fully adhered to the plate to avoid cell loss during washing
 - ❗ Using too many cells may result in incomplete cell lysis and can inhibit RT-qPCR. For optimal results, we recommend using the SingleShot RNA control included in this kit to determine the appropriate input cell number
 2. Prepare fresh on ice the appropriate volume of SingleShot cell lysis master mix (see Table 1). Mix thoroughly and centrifuge. Use within 2 hr.

Table 1. Preparation of SingleShot cell lysis master mix for adherent cells.

Component	Volume per Well, μ l	Volume for 96-Well Plate, μ l
SingleShot Cell Lysis Buffer	48	4,608
Proteinase K Solution	1	96
DNase Solution	1	96

3. Remove cell culture medium completely by aspiration.
4. Wash cells with 125 μ l of room temperature PBS. Aspirate to remove PBS completely.
5. Add 50 μ l of SingleShot cell lysis master mix to each well.
6. Incubate without agitation for 10 min at room temperature.
 - ❗ Do not mix the cells with the solution by pipetting. For step 6, do not exceed 20 min at room temperature
7. Transfer the cell lysate to a PCR plate or centrifuge tube. Incubate at 37°C for 5 min, followed by 5 min at 75°C.
 - ❗ Use a thermal cycler for best thermal uniformity
8. The cell lysate can be stored for up to 4 hr on ice, for up to 2 months at –20°C, or for up to 12 months at –80°C.
9. Go to the Preparation of Reverse Transcription Reactions section.

Processing of Nonadherent Cells in a 96-Well PCR Plate

1. Prepare fresh on ice the appropriate volume of SingleShot cell lysis master mix (Table 2). Mix thoroughly and centrifuge. Use within 2 hr.

Table 2. Preparation of SingleShot cell lysis master mix for nonadherent cells.

Component	Volume per Well, μ l	Volume for 96-Well Plate, μ l
SingleShot Cell Lysis Buffer	48	4,608
Proteinase K Solution	1	96
DNase Solution	1	96

2. Count the cells. Transfer appropriate number of cells (10^4 – 10^5 cells per well) to a 96-well PCR plate or tube.
3. Centrifuge at 500–1,000 x g for 5 min. Remove as much of the medium as possible without disturbing the cell pellet.
4. Wash cells with 125 μ l room temperature PBS. Centrifuge at 500–1,000 x g for 5 min. Carefully remove 120 μ l of the supernatant using a pipet, leaving approximately 5 μ l PBS in each well.
5. Add 50 μ l of SingleShot cell lysis master mix to each well. Pipet up and down 5 times to ensure complete resuspension of the cell pellet.
6. Incubate for 10 min at room temperature, followed by 5 min at 37°C, and 5 min at 75°C.
7. The cell lysate can be stored on ice for up to 4 hr, at –20°C for up to 2 months, or at –80°C for up to 12 months.
8. Go to the Preparation of Reverse Transcription Reactions section.

Preparation of Reverse Transcription Reactions

1. For optimal results, reactions should be assembled on ice. Prepare the reverse transcription reaction according to the directions in Table 3. Mix thoroughly by pipetting up and down several times.

Table 3. Preparation of reverse transcription reaction.

Component	Volume per 20 µl Reaction, µl
5x iScript Advanced Reaction Mix	4
iScript Advanced Reverse Transcriptase	1
Cell Lysate	4–9
Nuclease-Free Water	Variable
Total reaction mix volume	20

2. Incubate the complete reaction mix in a thermal cycler using the following protocol: reverse transcription for 30 min at 42°C followed by RT inactivation for 5 min at 85°C.
3. Proceed to the Preparation of qPCR Reactions section, or store the cDNA at –20°C.

Recommendations for the use of no-RT control

- Interference of gene expression analysis by gDNA carryover in cell lysate samples can be tested by setting up a no-RT control reaction
- The reverse transcriptase volume in a no-RT control reaction should be replaced with water
- The same amount of cell lysate used in the RT reaction should be used in the no-RT reaction to ensure similar carryover of cDNA synthesis components in a qPCR reaction

Preparation of qPCR Reactions

Instrument Compatibility

SsoAdvanced™ Universal SYBR® Green Supermix is compatible with all Bio-Rad and other commercially available real-time PCR systems.

Reaction Mix Preparation and Thermal Cycling Protocol

1. Thaw SsoAdvanced™ Universal SYBR® Green Supermix and other frozen reaction components to room temperature. Mix thoroughly, centrifuge briefly to collect solutions at the bottom of tubes, then store on ice protected from light.
2. Prepare (on ice or at room temperature) enough qPCR reaction mix for all qPCR reactions by adding all required components, except the template, according to the recommendations in Table 4.

Table 4. qPCR reaction setup.*

Component	Volume per 10 μ l Reaction, μ l	Volume per 20 μ l Reactions, μ l	Final Concentration
SsoAdvanced™ Universal SYBR® Green Supermix (2x)	5	10	1x
Forward and Reverse Primers	Variable	Variable	250–500 nM each primer
cDNA (add at step 4)	1–2	2–4	–
Nuclease-Free Water	Variable	Variable	–
Total reaction mix volume	10	20	–

* Scale all components proportionally according to sample number and reaction volumes.

3. Mix the qPCR reaction mix thoroughly to ensure homogeneity and dispense equal aliquots into each PCR tube or into the wells of a PCR plate. Use good pipetting technique to ensure assay precision and accuracy.
4. Add cDNA (prepared in the Preparation of Reverse Transcription Reactions section) to the PCR tubes or wells containing qPCR reaction mix (prepared according to Table 4), seal tubes or wells with flat caps or optically transparent film, and vortex 30 sec or more to ensure thorough mixing of the reaction components. Spin the tubes or plate to remove any air bubbles and to collect the reaction mixture in the vessel bottom.

Table 5. Thermal cycling protocol.

Real-Time PCR System	Setting/ Scan Mode	Polymerase Activation and DNA Denaturation
Bio-Rad® CFX96™, CFX384™, CFX96 Touch™, CFX96 Touch Deep Well, CFX384 Touch™, CFX Connect™	SYBR® only	30 sec at 98°C for cDNA
Bio-Rad® iQ™5, MiniOpticon™, Chromo4™, MyiQ™	Standard	
Applied Biosystems 7500 and 7900 HT, QuantStudio	Standard	
Roche LightCycler 96 or 480	Fast	
	Standard	
QIAGEN Rotor-Gene and Stratagene Mx series	Fast	

* Shorter annealing/extension times (1–10 sec) can be used for amplicons <100 bp. Longer annealing/extension times (30–60 sec or more) can be used for amplicons >250 bp, GC- or AT- rich targets, low-expressing targets, crude samples, or higher input amounts (for example, 4 µl of cDNA).

- Program the thermal cycling protocol on a real-time PCR instrument according to Table 5.
- Load the PCR tubes or plate into the real-time PCR instrument and start the PCR run.
- Perform data analysis according to the instrument-specific instructions.

i Recommendations for assay design and optimization

- For best qPCR efficiency, design assays targeting an amplicon size of 70–150 bp
- The SsoAdvanced™ Universal SYBR® Green Supermix and the recommended qPCR cycling protocols have been optimized for assays with a primer melting temperature (T_m) of 60°C designed using the open source Primer3, Primer3Plus, or Primer-BLAST programs at their default settings. If primers are designed using other programs, adjust the annealing temperature accordingly

Amplification			
Denaturation at 95°C, sec	Annealing/Extension and Plate Read at 60°C, sec*	Cycles	Melt Curve Analysis
5–15	15–30	35–40	65–98°C 0.5°C increments at 2–5 sec/step (or use instrument default setting)
	15–30		
	15–30		
	10–30		
	60		
	15–30		

Optimizing Input Cell Number and Input Lysate Amount

For best results, the SingleShot RNA control can be used to determine optimal input cell number and optimal input lysate volume.

The SingleShot RNA control includes a synthetic RNA template that has no homology to any known sequence and a qPCR assay specific for this RNA template.

The template RNA is shipped lyophilized. Upon resuspension, store at -80°C .

Using the SingleShot RNA Control Assay to Determine Optimal Input Cell Number

i To determine optimal input cell number, adherent cells must be trypsinized for accurate cell counting

1. Resuspend the RNA control template in 200 μl of nuclease-free TE buffer pH 7.5.
2. Prepare a tenfold serial dilution of 100,000–10 cells in PBS.
3. Prepare the SingleShot cell lysis master mix according to the directions in Table 6.

Table 6. Preparation of SingleShot cell lysis master mix for optimizing input cell number.

Reagent	Reagent per 4-log Tenfold Dilution Series in a 96-Well Plate, μl
SingleShot Cell Lysis Buffer	235
Proteinase K Solution	5
DNase Solution	5
SingleShot RNA Control Template	5
Total volume	250

4. Perform the reverse transcription reactions following the previously mentioned protocol.
5. Prepare the qPCR reaction following recommendations in Table 7. Do not add template until step 8. Maintain the same input lysate, cDNA, and qPCR volumes for all reactions in this experiment.

i If desired, gene expression targets of interest can be amplified in parallel with the RNA control assay

Table 7. Preparation of qPCR reaction mix for RNA control assay.*

Component	Volume per 10 μl Reaction, μl	Volume per 20 μl Reactions, μl	Final Concentration
SsoAdvanced™ Universal SYBR® Green Supermix (2x)	5	10	1x
SingleShot™ SYBR® Green qPCR Control Assay	0.5	1	1x
cDNA (add at step 8)	1–2	2–4	—
Nuclease-Free Water	Variable	Variable	—
Total reaction mix volume	10	20	—

* Scale all components proportionally according to sample number and reaction volumes.

6. Mix the qPCR reaction mix thoroughly to ensure homogeneity and dispense equal aliquots into each PCR tube or into the wells of a PCR plate. Use good pipetting technique to ensure assay precision and accuracy.
7. Add cDNA to the PCR tubes or wells containing qPCR reaction mix (prepared using Table 7), seal tubes or wells with flat caps or optically transparent film, and gently vortex to ensure thorough mixing of the reaction components. Spin the tubes or plate to remove any air bubbles and to collect the reaction mixture in the vessel bottom.
8. Program the thermal cycling protocol on a real-time PCR instrument according to Table 5.
9. Perform data analysis according to the following guidelines:
 - RNA control: Plot the C_q values for the RNA control against the log of the number of cells used to generate the lysate (Figure 1). A constant C_q value across the input cell range indicates complete lysis and no RT-qPCR inhibition. A deviation of >1 C_q value indicates incomplete lysis and/or RT-qPCR inhibition. Input cell numbers that show such a C_q deviation should be avoided. In the example shown in Figure 1, optimal performance can be achieved with 100,000–10 input cells
 - Target gene: Plot the C_q values for the target gene against the log of the number of cells used to generate the lysate (Figure 1). A decrease in C_q value is expected as cell number increases. The decrease in C_q values should be linear for cell numbers that don't exhibit inhibitory effects. Deviation from linearity results from incomplete lysis and/or RT-qPCR inhibition

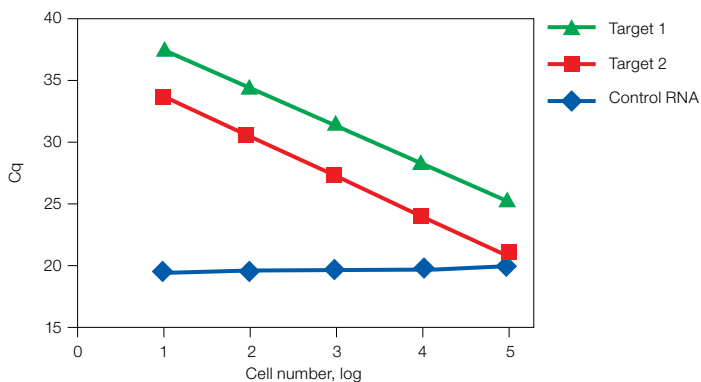


Fig. 1. Determining optimal cell input number. In this example, 10^5 input cells is the maximum input. No inhibition was noted across the input series. Target genes demonstrate linearity across all four logs.

Using the SingleShot RNA Control Assay to Determine Optimal Input Lysate Volume

1. Resuspend the RNA control template in 200 µl of nuclease-free TE buffer pH 7.5.
2. Prepare cell lysate from either adherent (see Processing of Adherent Cells in a 96-Well Culture Plate section) or suspension cells (see Processing of Nonadherent Cells in a 96-Well PCR Plate section) with an optimal number of input cells.
3. Vary input cell lysate in the reverse transcription reactions as shown in Table 8.

Table 8. Setup of reverse transcription reactions to optimize input lysate amount.

Input Lysate, %	Lysate Volume, µl	RNA Control Template, µl	2x RT Master Mix,* µl	Nuclease-Free H ₂ O, µl
10	2	1	10	7
20	4	1	10	5
30	6	1	10	3
40	8	1	10	1
45	9	1	10	0

* Includes 5x iScript advanced reaction mix.

4. Incubate the complete reaction mix in a thermal cycler using the following protocol: reverse transcription for 30 min at 42°C followed by RT inactivation for 5 min at 85°C.
5. Set up qPCR reactions following instructions in Table 9. Do not add cDNA until step 7.

Table 9. Preparation of qPCR reaction mix to determine optimal input lysate amount.*

Component	Volume per 20 µl Reactions, µl	Final Concentration
SsoAdvanced™ Universal SYBR® Green Supermix (2x)	10	1x
SingleShot™ SYBR® Green qPCR Control Assay	1	1x
cDNA (add at step 7)	7	—
Nuclease-Free Water	Variable	—
Total reaction mix volume	20	—

* Scale all components proportionally according to sample number and reaction volumes.

6. Mix the qPCR reaction mix thoroughly to ensure homogeneity and dispense equal aliquots into each PCR tube or into the wells of a PCR plate. Use good pipetting technique to ensure assay precision and accuracy.
7. Add cDNA to the PCR tubes or wells containing qPCR reaction mix (prepared using Table 9), seal tubes or wells with flat caps or optically transparent film, and gently vortex to ensure thorough mixing of the reaction components. Spin the tubes or plate to remove any air bubbles and to collect the reaction mixture in the vessel bottom.

8. Program the thermal cycling protocol on a real-time PCR instrument according to Table 5.
9. Perform data analysis according to the following guidelines:
 - RNA control: Plot the C_q values for the RNA control against the percentage input lysate (Figure 2). A constant C_q value across the input lysate range indicates no RT-qPCR inhibition. A deviation of >1 C_q value indicates RT-qPCR inhibition. Input lysate amounts that show such a C_q deviation should be avoided. In the example shown in Figure 2, optimal performance can be achieved with input lysate amounts up to 45%.
 - Target gene: If a target gene is amplified in parallel with the RNA control, plot the C_q values for the target gene against the percentage input lysate (Figure 2). A decrease in C_q value is expected as input lysate increases. Deviation in the linear response of the RNA control results from incomplete lysis and/or RT-qPCR inhibition.

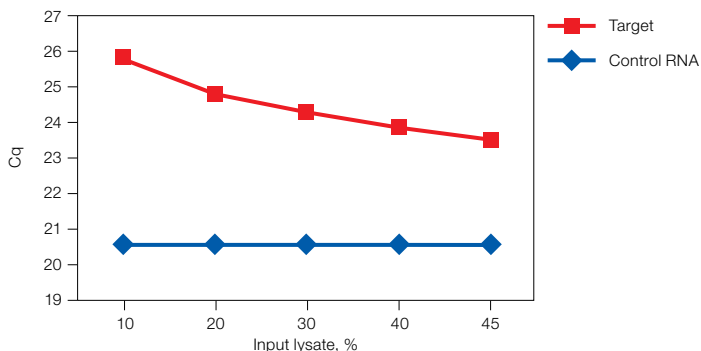


Fig. 2. Determining optimal input cell lysate amounts. The maximum allowable cell lysate input is 45%.

Appendix A

Table 1. Setting up SingleShot cell lysis reactions.

Step	Guidelines						
	Number of wells	384	96	48	24	12	6
Preparing the cell culture	Cell numbers per well at harvest	10– 5 x 10 ⁴	10– 1 x 10 ⁵	10– 2 x 10 ⁵	10– 4 x 10 ⁵	10– 8 x 10 ⁵	10– 1 x 10 ⁶
	Washing the cells with PBS	Volume of PBS per well, µl	30	125	250	500	1,000
Preparing the SingleShot cell lysis master mix	SingleShot Cell Lysis Buffer, µl	12	48	96	192	384	768
	Proteinase K, µl	0.25	1	2	4	8	16
	DNase, µl	0.25	1	2	4	8	16
	Total volume per well, µl	12.5	50	100	200	400	800

Troubleshooting Guide

Problem	Potential Cause	Solution
No amplification in the RT-qPCR reaction Delayed C _q values seen in RNA detection	<ul style="list-style-type: none"> ■ Cell lines may contain high levels of PCR inhibitors ■ Excess number of cells used in the lysis reaction ■ Excess cell culture medium carryover ■ Excess lysate used in the RT-qPCR reaction 	<ul style="list-style-type: none"> ■ Depending on the cell species or culture conditions, the number of cells or percentage lysate may require optimization (see Optimizing Input Cell Number and Input Lysate Amount section) ■ Generally $\leq 10^6$ cells can be used successfully in the SingleShot procedure, but if RT or qPCR fails, try using 5- to 10-fold fewer cells ■ Wash cells with PBS to remove contaminants in the culture medium ■ Remove as much of the culture medium and PBS as possible ■ Use a freshly prepared SingleShot cell lysis master mix; keep on ice and use within 2 hr ■ Make sure DNase and proteinase K are added in the SingleShot cell lysis master mix before treating the cells
Genomic DNA is amplified as seen in the no-RT control	<ul style="list-style-type: none"> ■ Incomplete gDNA digestion ■ DNase and Proteinase K were not added to the lysis reaction 	<ul style="list-style-type: none"> ■ Repeat the lysis step. Ensure DNase is added, the thermal cycling conditions are correct, and the thermal cycler is working properly
Signal in no template control (NTC) reaction	<ul style="list-style-type: none"> ■ DNA contamination (NTC melt peak T_m is identical to the target gene melt peak T_m) ■ Primer dimers (NTC melt peak is broad with a T_m ~65–75°C) 	<ul style="list-style-type: none"> ■ Examine the workflow to identify potential contamination sources by replacing reagents one by one; use new aliquots of assays ■ Evaluate the assay design for primer dimer formation; perform gradient PCR to optimize the annealing temperature; use a primer matrix to determine the optimal primer concentration

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