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# Appendix

## RIA protocol for steroid hormones

- Day 1**
1. Label: glass assay tubes for extraction: samples x2, QC's x2, recoveries x3 (R1, R2 and R3).  
  
polypropylene assay tubes: similar to glass tubes above plus total recovery counts (TR1, TR2 and TR3), Total counts (TC)x2, std 10x2, Box2, NSBx2)
  2. Pipette: add required amount of following samples in glass tubes: samples (100  $\mu$ l for progesterone and 50  $\mu$ l for testosterone assay), QCs and charcoal stripped horse serum with around 10,000 cpm/100  $\mu$ l tracer for recoveries.
  3. Extract: add 1.2 ml diethyl ether into every glass tube  
Vortex on sample shaker for 10 min  
Freeze aqueous phase using dry ice  
Decant the unfrozen solvent into corresponding polypropylene tubes  
Evaporate solvent in vacuum oven  
Make a final volume of 100  $\mu$ l with gel buffer
  4. Recovery: add 100  $\mu$ l of charcoal stripped serum and tracer to Rs and TRs.
  5. Standard curve: The standard was serially diluted in halves in gel buffer and 100  $\mu$ l in each std tube.
  6. Bo and NSB: add 100  $\mu$ l and 200  $\mu$ l of gel buffer into Bo and NSB, respectively.
  7. Add 100  $\mu$ l of antiserum to the assay tubes except NSB and TC and 100  $\mu$ l of tracer to all the assay tubes. Vortex
  8. Incubate overnight at 4 °C
- Day 2**
1. Add 100  $\mu$ l of 10% charcoal stripped serum except TCs.
  2. Add 1.5 ml of 22% PEG to the assay tubes except TCs.
  3. Centrifuge for 30 min at 4 °C
  4. Centrifuge at 3500 rpm for 30 min. aspirate the supernatant.
  5. Add 2 ml of scintillation fluid to all assay tubes and recovery tubes. Vortex and incubate for 12-18 hrs.
- Day 3**
- Count for 3 min x 2 / sample

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**Protocol for Harris's Haematoxylin and Eosin (H & E) staining**

Place slides in following for given interval of time

- |                           |         |
|---------------------------|---------|
| 1. Xylol I                | 5 min.  |
| 2. Xylol II               | 5 min.  |
| 3. Absolute alcohol I     | 3 min.  |
| 4. Absolute alcohol II    | 3 min.  |
| 5. 80% alcohol            | 2 min.  |
| 6. 50% alcohol            | 2 min.  |
| 7. Distilled water        | 1 min.  |
| 8. Harris's Haematoxylin  | 15 min. |
| 9. Rinse in tap water     | 5 min.  |
| 10. Acid/alcohol rinse    | 2 dips  |
| 11. Running tap water     | 30 min. |
| 12. 70% alcohol           | 2 min.  |
| 13. 90% alcohol           | 2 min.  |
| 14. Absolute alcohol III  | 2 min.  |
| 15. Eosin                 | 3 min.  |
| 16. Absolute alcohol IV   | 2 min.  |
| 17. Absolute alcohol V    | 2 min.  |
| 18. Xylol III             | 2 min.  |
| 19. Xylol IV              | 3 min.  |
| 20. Mount section in DPX. |         |

**Slide Coating**

1. Wash slides in detergent for 30 min.
2. Wash slides in running tap water for 30 min.
3. Wash slides in distilled water 2x5 min.
4. Wash glass slides in absolute alcohol for 10 min.
5. Air dry for 10 min.
6. Immerse slides in a freshly prepared 2% solution of 3-aminopropyltriethoxysilane in dry acetone for 10 min.
7. Wash briefly in distilled water
8. Leave slides overnight in dry oven at 37 °C

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**Reagents used for indirect ELISA****Binding (Coating) Buffer pH 9.6**

Na <sub>2</sub> CO <sub>3</sub> (alkaline)	1.59 g
NaHCO <sub>3</sub> (acid)	2.93 g
NaN <sub>3</sub> (sodium azide)	2ml of 10% solution)
Distilled water to	1 000 ml

Adjust pH by adding Na<sub>2</sub>CO<sub>3</sub> or NaHCO<sub>3</sub> (in solution) and store at 4°C

**Wash Buffer**

NaCl	90 g
1 M Tris (pH 8.0)	100 ml
Distilled water to	10 L

**Blocking solution**

5% Skim milk powder in HSE buffer

1% BSA in PBS

**High Salt ELISA Buffer (HSE buffer) (pH 8.0)**

20mM Tris (Tris Base)	2.42g
0.5 M NaCl	29.22g

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0.02% Sodium Azide	2 ml of 10% stock
0.1M ZnCl <sub>2</sub>	600 µl
1 M MgCl <sub>2</sub>	600 µl
0.1% BSA	1g
0.5% Tween 20	5ml
Distilled water to	1,000 ml

**ELISA Buffer (pH 7.5)**

20mM Tris (Tris Base)	2.42g
NaCl	8.76g
0.02% Sodium Azide	2 ml of 10% stock
0.5% BSA	5g
0.1% Tween 20	1ml
Distilled water to	1,000 ml

**Enzyme Substrate Buffer (for use in NPP)**

Diethanolamine (triethanolamine)	97 ml (133mls)
Distilled Water	800 ml (700mls)
0.02% NaN <sub>3</sub>	2 ml of 10% solution
MgCl <sub>2</sub> .6H <sub>2</sub> O	101 mg

Adjust the pH to 9.8 and make up to 1 L with dH<sub>2</sub>O. Store at 4°C

**(NPP)p-Nitrophenylphosphate disodium salt hexahydrate(C<sub>6</sub>H<sub>4</sub>NNa<sub>2</sub>O<sub>6</sub>P\*6H<sub>2</sub>O)**

1 mg NPP to 1 ml of Enzyme Substrate Buffer.

**Reagents used for RIA (steroid hormones)**

**Gel Buffer**

10x PBS	100 ml
gelatine	10 g
NaN <sub>3</sub> (sodium azide)	2 ml of 10% stock
Distilled water to	1000 ml

**22% PEG**

Polyethylene Glycol (PEG) 6000	550 g
NaCl	22.5 g
Add distilled water to make a final volume of	2 500 ml

**Scintillation Fluid**

PPO-2,5-Diphenyloxazole	3.0 g
POPOP	0.3 g

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(Di-methyl POPOP-1,4-bis[2-(4-methyl-5-Phenyloxazolyl)]-benzene)

Methanol	16 ml
Triton-X 100	50 ml
Toluene	934 ml

### **Reagents used for SDS-PAGE and Western Blotting**

#### **4X Lower Gel Stock Solution (1.5M Tris/HCl + 0.4% SDS)**

Tris/HCl	181.7 g
SDS	4.0g

Bring to 900ml with water, adjust pH to 8.8 and make final volume of 1000 ml with distilled water. Filter through 0.45um filter and store refrigerated.

#### **4X Upper Gel Stock Solution (0.5M tris/HCl + 0.4% SDS)**

Tris/HCl	60.6g
SDS	4.0 g

Bring to 900ml with water, adjust pH to 6.8 and make final volume to 1000ml with distilled water. Filter through 0.45um filter and store refrigerated.

#### **Acrylamide Stock Solution (30%+0.8% Bis)**

Acrylamide	90 g
N,N'-methylene bis acrylamide	2.4g

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Bring to 300ml with water, filter through 0.45 um filter and store refrigerated in a foil covered bottle.

**10% Ammonium Persulphate**

Ammonium persulphate 0.1 g

Add 1 ml water

**Separating Gel (for 2 gels) (12.5% acrylamide)**

4x Lower gel stock	5ml
Acrylamide stock	8.35ml
Water	6.66ml
Ammonium Persulfate 10%(10mg/100uL)	50uL
TEMED	5uL

**Stacking Gel (for 2 gels) (4.06% acrylamide)**

4X Upper gel stock	1.4ml
Acrylamide stock	0.75ml
Water	3.45ml
Ammonium Persulfate 10%	30uL
TEMED	5-10 ul

**2x Reducing Sample Buffer**

4xupper gel stock	3.75ml
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Glycerol	13ml
2-mercapto-ethanol	1.5ml
SDS	0.9g
Bromophenol blue (small amount to color samples)	
Bring to 15ml with water	

**2x Non-Reducing Sample Buffer**

4xupper gel stock	5.6ml
Glycerol	13ml
SDS	0.9g
Nonidet P-40 detergent (NP-40)	225uL
Bromophenol blue (small amount to color samples)	
Bring to 15ml with water	

**10x Running Buffer**

Tris	45.5g
Glycine	216g
SDS	15g
Make up to 1.5 L with water and store at room temperature.	

**Roeder's Stain**

Coomassie R-250	125mg
Isopropanol	125ml
Acetic Acid	50 ml

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Combine these ingredients and make final volume to 500ml with distilled water.

**Destaining Solution**

Acetic acid 175 ml

Methanol 125 ml

Make up to 2500 ml with water.

**Gel Shrinking Solution**

Methylated spirits 30%

Glycerol 1%

**Transfer Buffer**

Tris-base 7.575 g

Glycine 36.025

Methanol 375 ml

Bring to 2500 ml with water

**Ponceau S Stain**

Ponceau S 0.2%

Trichloroacetic acid (TCA) 3%

Sulfosalicylic acid 3%

Make up to 100 ml in distilled water.

**Tris-Buffer (Wash Buffer) pH 8.2-8.4**

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(20mM Tris-base, 0.15 M NaCl, 0.1% Triton X-100, 0.02% Sodium Azide)

Tris-base	24.22 g
NaCl	8.766 g
Triton X-100	4.5 ml
Sodium Azide	9 ml of 10% stock

Adjust pH to 8.2-8.4 using HCl and make a final volume of 4.5 L with distilled water.

### **Miscellaneous Buffers**

#### **10 x Phosphate Buffered Saline (PBS, 0.5M Phosphate, 1.5M NaCl) pH 7.4**

Na <sub>2</sub> HPO <sub>4</sub> (141.96) (Na <sub>2</sub> HPO <sub>4</sub> .12H <sub>2</sub> O (MW 358.15))	57.49 g (145.04g)
KH <sub>2</sub> PO <sub>4</sub> (136.09)	12.93 g
NaCl (58.44)	87.66 g

Adjust pH to 7.4 and make up to 1L with dH<sub>2</sub>O. Dilute 1:10 to prepare 0.05M (1x) PBS.

#### **50% Glycerol Solution**

Glycerol	50%
0.5M PBS	50%

Mix and store at room temperature

**Homogenization buffer**

Benzamide (5mM)	0.783 g
EDTA (5mM)	1.86 g
NaN <sub>3</sub> (0.02%)	2 ml of 10% stock
Distilled water	1000 ml