RNA ISOLATION with TRIZOL
and subsequent ETHANOL PRECIPITATION:

1. **RNA Isolation:**
    - homogenize tissue samples in 500µl Trizol (usually with syringe and needle)
    - vortex 15sec
    - add 100µl chloroform
    - vortex 15sec
    - incubate 5min at room temperature
    - centrifuge at 12000g (4°C) for 15min
    - transfer the upper aqueous phase to a fresh tube
    - add 500µl isopropanol
    - centrifuge at maximum speed (4°C) for 10min
    - discard the supernatant
    - add 500µl 70% ethanol
    - centrifuge at maximum speed (4°C) for 2min
    - discard the supernatant
    - air dry the pellet
    - resuspend the pellet in 30µl a.dest and measure 1,5µl with the nanodrop

2. **Ethanol Precipitation:**
    - add 1/10 volumes sodium acetat (3M, pH 5.2)
    - add 2,5 volumes ice cold 100% ethanol (calculated after adding the sodium acetat)
    - incubate for 1h at -80 °C (or longer)
    - centrifuge at maximum speed (4°C) for 30min
    - discard the supernatant
    - add 500µl ice cold 80%igen ethanol
    - centrifuge at maximum speed (4°C) for 30min
    - discard the supernatant
    - air dry the pellet
    - resuspend the pellet in 10µl a.dest and use 1µl for the nanodrop