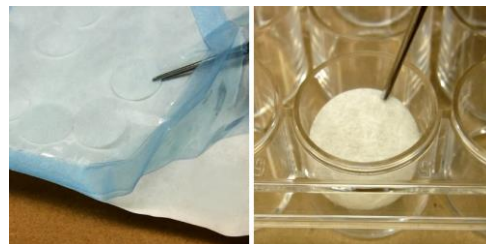


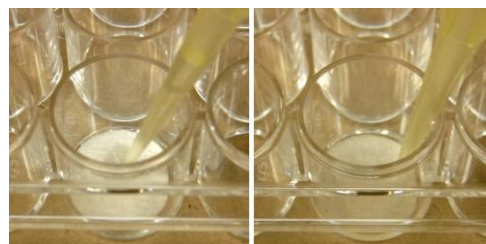
## SeedEZ™ Quick Start INSTRUCTIONS

\*For more detailed protocols including steps for coating SeedEZ™, please see complete instructions.

1. **Remove** SeedEZ™ scaffolds from sterile pouch and **place** into a multi-well plate using sterile forceps or tweezers.



2. **Pre-wet** scaffolds with sterile, deionized water (see table below). The scaffold will turn grey.

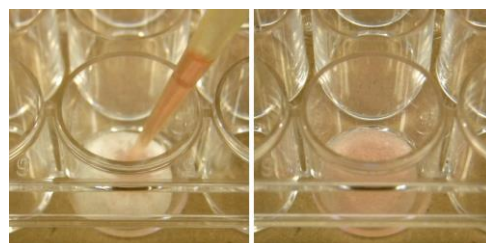


3. **Aspirate** water from scaffolds using a micropipet or vacuum aspirator until dry. The scaffold will turn white.

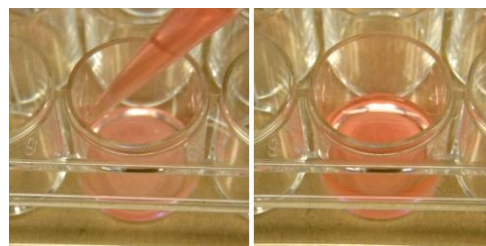


4. **Seed** cell suspension into scaffolds (see table below). **Allow** cells to settle and adhere for 5 minutes.

\*If seeding cells in a hydrogel, allow gel to form according to supplier recommendations.



5. **Add** cell culture medium (see table below) to cells by slowly pipetting down the sides of the wells. **Cover** plate with lid and place cells in a humidified incubator. **Maintain** using normal feeding schedule.



### Recommended volumes and cell densities

SeedEZ™ size	Pre-wet volume	Seeding volume (medium)	Seeding volume (hydrogel)	Cell density	Medium volume
6-well plate	450 µL	360 µL	360-450 µL	$9.0 \times 10^5 - 9.0 \times 10^6$	2.00 mL
12-well plate	175 µL	140 µL	140-175 µL	$3.5 \times 10^5 - 3.5 \times 10^6$	1.00 mL
24-well plate	100 µL	80 µL	80-100 µL	$2.0 \times 10^5 - 2.0 \times 10^6$	0.50 mL
48-well plate	50 µL	40 µL	40-50 µL	$1.0 \times 10^5 - 1.0 \times 10^6$	0.25 mL
96-well plate	20 µL	10-15 µL	10-15 µL	$3 \times 10^4 - 1.5 \times 10^5$	0.15 - 0.20 mL