

SEEDING DENSITY GUIDELINES

Substrate	Surface area (cm ²)	# Primary cells (p0)	Apical media	# Passaged cells (p1+)	Basolateral media
96 well plate	0.32	17,000 - 34,000	100 - 200 µL	6,000 - 11,000	
24 well plate	1.9	0.1 - 0.2 M	400 - 600 µL	34,000 - 66,000	
12 well plate	3.8	0.2 - 0.4 M	0.75 - 1.2 mL	68,000 - 132,000	
6 well plate	9.5	0.5 - 1 M	2 - 3 mL	0.17 - 0.33 M	
35mm dish	9	0.5 - 1 M	1.5 mL	0.17 - 0.33 M	
60mm dish	21	1.2 - 2.3 M	5 mL	0.4 - 0.8 M	
100mm dish	55	3 - 6 M	10 mL	1 - 2 M	
150mm dish	152	8.5 - 17 M	25 mL	3 - 6 M	
12mm Millicell®	0.6	0.25 - 0.35	400 µL	125,000 - 250,000	2mL (in 6-well plate)
30mm Millicell®	4.2	1.75 - 2.1 M	1.5 - 2 mL	0.8 - 1.75 M	12mL (in 10cm dish)*
6.5mm Transwell®-Clear	0.33	75,000 - 100,000	100 µL	25,000 - 33,000	0.6 mL (in 24 well)
12mm Transwell®-Clear	1.12	0.25 - 0.3 M	500 µL	125,000 - 250,000	1.5 mL (in 12 well)
24mm Transwell®-Clear	4.67	1 M	1.5 mL	0.3 - 0.5 M	2.6 mL (in 6 well)

* 2 x 30 mm Millicell/10 cm dish