



1 Plasma/Serum preparation:

- 1.1 Pre-clear the plasma or serum sample by centrifuging at 1200 g for 20 min at 10°C to eliminate red blood cells and cellular debris.
- 1.2 Discard the pellet and debris and transfer the supernatant in the appropriate tube (Isolation Tubes).
- 1.3 Dilute 10X Isolation Buffer in fresh milliQ water to a final 1X concentration (i.e. 1 ml of Isolation Buffer and 9 ml of mQ water), and label the vial as "1X Isolation Buffer".
- 1.4 Dilute pre-cleared plasma or serum in 1:1 v/v with 1X Isolation Buffer (i.e. If used 0.5 ml of plasma, add 0.5 ml of IB). If processing 2 ml of plasma/serum, split the sample into two 2 ml isolation tubes and dilute 1 ml of pre-cleared plasma with 1 ml of 1X Isolation Buffer.
- 1.5 Add protease inhibitor cocktail to each sample (1:1000 v/v protease: diluted plasma). *Not provided with the kit.*

2 Reagent preparation:

- 2.1 Isolation Agent: add 800µl of Resuspension Buffer into the Isolation agent vial. Gently tap the vial and visually check for complete resuspension of the lyophilized reagent. Do not pipet up and down.
- 2.2 Washing Buffer 1 (WB1): add 9.4 ml of pure Ethanol (96- 100%) in WB1 bottle (15 ml). Mix well by inverting 6-8 times.
- 2.3 Washing Buffer 2 (WB2): add 10,5 ml of pure Ethanol (96- 100%) to WB2 bottle (15 ml). Mix well by inverting 6-8 times.

3 EV isolation from plasma or serum:

- 3.1. Add 20µl of resuspended Isolation agent to each vial of pre-cleared diluted sample.
- 3.2. Mix well by pipetting and inverting the tube.
- 3.3. Incubation time is 2 hours at RT under rotation.
- 3.4. Centrifuge 15 min at 16000 g at RT.
- 3.5. Discard the supernatant, carefully avoiding to dislodge the pellet. Eliminate the remaining supernatant from the tube with a pipette.
- 3.6. Gently add 1ml of 1X Isolation Buffer directly on the pellet, without disrupting it. Spin the sample at 7000 g for 7 min at RT.
- 3.7. Repeat steps 3.5-3.6 one more time.
- 3.8. Resuspend the (each) pellet in 200 µl of Isolation Buffer. *Note: we advise to proceed directly to step 4 (DNA purification) to obtain optimal DNA recovery.*

4 RNA purification:

4.1 EV Lysis:

- 4.1.1 Add 20 µl of Proteinase K (20mg/ml) to each resuspended pellet and mix by gently vortexing the tube.
- 4.1.2 Add 200 µl of Lysis Buffer to each tube (i.e. if processing 2 ml of plasma, add 200 µl of Lysis Buffer to each tube). *Note: an extra bottle of Lysis Buffer is supplied for plasma volume of 2 ml.*
- 4.1.3 Mix well by vortexing 30 sec.
- 4.1.4 Incubate samples at 56°C for 1 hour.

4.2 DNA purification:

- 4.2.1 Add 200 µl of Ethanol 96-100% to each tube and mix by briefly vortexing the tube.
- 4.2.2 Transfer the mixtures in a DNA Spin Column and centrifuge at 10000 g for 1 min. *Note: if processing 2 ml of plasma, repeat steps from 4.1.1 to 4.2.1 with two tubes, and then load them into the same DNA Spin Column (4.2.2).*
- 4.2.3 Discard the flow-through.
- 4.2.4 Add 500 µl of Washing Buffer 1 (WB1), centrifuge at 10000 g for 1 min and discard the flow-through.
- 4.2.5 Add 500 µl of Washing Buffer 2 (WB2), centrifuge at 10000 g for 1 min and discard the flow-through.
- 4.2.6 Centrifuge 2 additional min at 16000 g.
- 4.2.7 Transfer the spin column to an Elution Tube.
- 4.2.8 Elute the DNA from the column adding 50 µl of Elution Buffer.
- 4.2.9 Incubate for 5 min at RT.
- 4.2.10 Centrifuge 1 min at 14000 g. Samples can now be used for further analyses or stored at -20°C.

IX. General Troubleshooting Guide:

Technical Problems	Potential Cause	Solution
Poor DNA recovery	<ul style="list-style-type: none"> . Use of anticoagulants other than EDTA may not fully preserve circulating DNA. Repeat blood Collection. . Poor plasma quality due to delayed blood processing. Repeat blood processing to plasma. . Plasma samples are frozen and thawed multiple times . Prolonged sample storage at room temperature . Incomplete resuspension of the peptide . No visible pellet . Lysis buffer and pellet-proteinase K solutions not sufficiently mixed . Inefficient sample lysis . Sub-optimal ethanol percentage . Clogged DNA spin column . Wash buffers 1 and 2 prepared incorrectly . The eluate volume is lower than the applied volume. 	<ul style="list-style-type: none"> . Always use fresh samples or samples thawed once. . Do not keep the samples at RT for prolonged time. . Peptide solution may initially look cloudy after resuspension in resuspension buffer. Do not vortex the solution, simply tap the vial to resuspend the peptide. Make sure that the peptide is fully resuspended in resuspension buffer and the final solution looks clear. . Mix lysis buffer and pellet-proteinase K solution well by pipetting up and down and vortexing at least 30" to completely resuspend the peptide pellet. . Use fresh proteinase K. If needed, increase incubation time with proteinase K. . Use fresh 96-100% ethanol. Do not use denatured alcohol which may contain methanol. . Repeat the procedure increasing the incubation time in proteinase K. . Check that these buffers were diluted in the correct volume of 96-100% ethanol . Expect to recover an eluate volume with 2-3 µl less than the applied volume due to retention of the silica membrane.
DNA not suitable for enzymatic reaction	<ul style="list-style-type: none"> . Presence of ethanol traces in eluate . Extremely low or no DNA recovered . Not optimized elution volume . New PCR assay . Interference due to plasma inhibitors 	<ul style="list-style-type: none"> . Make sure to remove all ethanol residuals from the column before eluting the sample. . See poor DNA recovery section above for troubleshooting. . Calculate the optimal elution volume for PCR reaction. . If the PCR assay is changed, readjust the eluate volume. . Consider the presence of plasma inhibitors such as natural or synthetic small molecule (therapeutics) that may end up in the eluate and inhibit DNA amplification.

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