

ab207621 – Human Heme Oxygenase 1 (HO 1) SimpleStep ELISA® Kit

For the quantitative measurement of Heme Oxygenase 1 in human serum, plasma, cell and tissue extracts, and cell culture supernatants.
For research use only - not intended for diagnostic use.

For overview, typical data and additional information please visit: www.abcam.com/ab207621

Storage and Stability: Store kit at 2-8°C immediately upon receipt. Refer to list of materials supplied for storage conditions of individual components. Observe the storage conditions for individual prepared components in the Standard Preparation and Reagent preparation sections.

Materials Supplied

Item	Quantity	Storage Condition
Human Heme Oxygenase 1 Capture Antibody (Lyophilized)	1 Vial	+4°C
Human Heme Oxygenase 1 Detector Antibody (Lyophilized)	1 Vial	+4°C
Human Heme Oxygenase 1 Lyophilized Recombinant Protein	2 Vials	+4°C
Antibody Diluent 4BR	6 mL	+4°C
Cell Extraction Buffer PTR 5X	10 mL	+4°C
Sample Diluent NS	50 mL	+4°C
Wash Buffer PT 10X	20 mL	+4°C
TMB Development Solution	12 mL	+4°C
Stop Solution	12 mL	+4°C
SimpleStep Pre-Coated 96-Well Microplate	96 Wells	+4°C
Plate Seal	1	+4°C

Materials Required, Not Supplied

These materials are not included in the kit, but will be required to successfully utilize this assay:

Microplate reader capable of measuring absorbance at 450 or 600 nm.
Method for determining protein concentration (BCA assay recommended).
Deionized water.
Multi- and single-channel pipettes.
Tubes for standard dilution.
Plate shaker for all incubation steps.
Optional: Phenylmethylsulfonyl Fluoride (PMSF) (or other protease inhibitors).

Reagent Preparation

Equilibrate all reagents to room temperature (18-25°C) prior to use. The kit contains enough reagents for 96 wells. The sample volumes below are sufficient for 48 wells (6 x 8-well strips); adjust volumes as needed for the number of strips in your experiment.

Prepare only as much reagent as is needed on the day of the experiment. Capture and Detector Antibodies have only been tested for stability in the provided 10X formulations.

1X Cell Extraction Buffer PTR (For cell and tissue extracts only): Prepare 1X Cell Extraction Buffer PTR by diluting Cell Extraction Buffer PTR 5X to 1X with deionized water. To make 10 mL 1X Cell

Extraction Buffer PTR combine 8 mL deionized water with 2 mL Cell Extraction Buffer PTR 5X. Mix thoroughly and gently. If required protease inhibitors can be added.

1X Wash Buffer PT: Prepare 1X Wash Buffer PT by diluting Wash Buffer PT 10X with deionized water. To make 50 mL 1X Wash Buffer PT combine 5 mL Wash Buffer PT 10X with 45 mL deionized water. Mix thoroughly and gently.

10X Capture Antibody: Reconstitute the Heme Oxygenase 1 Capture Antibody in 660 µL Sample Diluent NS and gently mix on rotator for 10 minutes at room temperature. Unused reconstituted antibody can be frozen at -20°C for up to 2 weeks.

10X Detector Antibody: Reconstitute the Heme Oxygenase 1 Detector Antibody in 660 µL Sample Diluent NS and gently mix on rotator for 10 minutes at room temperature. Unused reconstituted antibody can be frozen at -20°C for up to 2 weeks.

Antibody Cocktail: Prepare Antibody Cocktail by diluting the capture and detector antibodies in Antibody Diluent 4BR. To make 3 mL of the Antibody Cocktail combine 300 µL 10X Capture Antibody and 300 µL 10X Detector Antibody with 2.4 mL Antibody Diluent 4BR. Mix thoroughly and gently.

Standard Preparation

IMPORTANT: If the protein standard vial has a volume identified on the label, reconstitute the Heme Oxygenase 1 standard by adding that volume of Diluent indicated on the label. Alternatively, if the vial has a mass identified, reconstitute the Heme Oxygenase 1 standard by adding 0.5 mL Diluent. Hold at room temperature for 10 minutes and mix thoroughly and gently. This is the 20,000 pg/mL **Stock Standard** Solution.

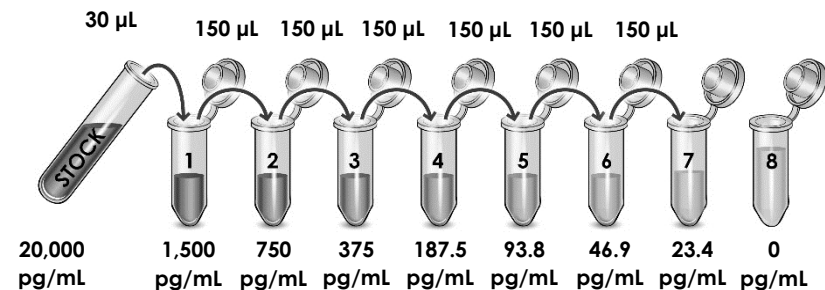
For **serum, plasma, and cell culture supernatants samples measurements**, reconstitute the Heme Oxygenase 1 standard by adding Sample Diluent NS.

For **cell and tissue extracts samples measurements**, reconstitute the Heme Oxygenase 1 standard by adding 1X Extraction Buffer PTR.

Label eight tubes, Standards 1–8.

Add 370 µL of appropriate diluent into tube number 1 and 150 µL of appropriate diluent (Sample Diluent NS or 1X Extraction Buffer PTR) into numbers 2-8.

Use the Stock Standard to prepare the following dilution series. Standard #8 contains no protein and is the Blank control:



Sample Preparation

Typical Sample Dynamic Range	
Sample Type	Range
Human Plasma - EDTA	1.6% - 25%
Human Plasma - Citrate	1.6% - 12.5%
Human Serum	3.1% - 50%
HepG2 Cell Culture Supernatant	25% - 100%
A549 Cell Extract	0.31 µg/mL - 5 µg/mL
Human Liver Homogenate Extract	0.98 µg/mL - 15.6 µg/mL

Plasma: Collect plasma using citrate, EDTA or heparin. Centrifuge samples at 2,000 x g for 10 minutes. Dilute samples into Sample Diluent NS and assay. Store un-diluted plasma samples at -20°C or below for up to 3 months. Avoid repeated freeze-thaw cycles.

Serum: Samples should be collected into a serum separator tube. After clot formation, centrifuge samples at 2,000 x g for 10 minutes and collect serum. Dilute samples into Sample Diluent NS and assay. Store un-diluted serum at -20°C or below. Avoid repeated freeze-thaw cycles.

Cell Culture Supernatants: Centrifuge cell culture media at 2,000 x g for 10 minutes to remove debris. Collect supernatants and assay. Or dilute samples into Sample Diluent NS and assay. Store un-diluted samples at -20°C or below. Avoid repeated freeze-thaw cycles.

Preparation of extracts from cell pellets: Collect non-adherent cells by centrifugation or scrape to collect adherent cells from the culture flask. Typical centrifugation conditions are 500 x g for 5 minutes at 4°C. Rinse cells twice with PBS. Solubilize pellet at 2x10⁷ cell/mL in chilled 1X Cell Extraction Buffer PTR. Incubate on ice for 20 minutes. Centrifuge at 18,000 x g for 20 minutes at 4°C. Transfer the supernatants into clean tubes and discard the pellets. Assay samples immediately or aliquot and store at -80°C. Sample protein concentration in extracts may be quantified using a protein assay. Dilute samples to desired concentration in 1X Cell Extraction Buffer PTR.

Preparation of extracts from tissue homogenates: Tissue lysates are typically prepared by homogenization of tissue that is first minced and thoroughly rinsed in PBS to remove blood (dounce homogenizer recommended). Homogenize 100 to 200 mg of wet tissue in 500 µL – 1 mL of chilled 1X Cell Extraction Buffer PTR. For lower amounts of tissue adjust volumes accordingly. Incubate on ice for 20 minutes. Centrifuge at 18,000 x g for 20 minutes at 4°C. Transfer the supernatants into clean tubes and discard the pellets. Assay samples immediately or aliquot and store at -80°C. The sample protein concentration in the extract may be quantified using a protein assay. Dilute samples to desired concentration in 1X Cell Extraction Buffer PTR.

Plate Preparation

The 96 well plate strips included with this kit are supplied ready to use. It is not necessary to rinse the plate prior to adding reagents.

Unused plate strips should be immediately returned to the foil pouch containing the desiccant pack, resealed and stored at 4°C.

For each assay performed, a minimum of two wells must be used as the zero control. For statistical reasons, we recommend each sample should be assayed with a minimum of two replicates (duplicates).

Differences in well absorbance or "edge effects" have not been observed with this assay.

Assay Procedure

Equilibrate all materials and prepared reagents to room temperature prior to use.

We recommend that you assay all standards, controls and samples in duplicate

1. Prepare all reagents, working standards, and samples as directed in the previous sections.
2. Remove excess microplate strips from the plate frame, return them to the foil pouch containing the desiccant pack, reseal and return to 4°C storage.
3. Add 50 µL of all sample or standard to appropriate wells.
4. Add 50 µL of the Antibody Cocktail to each well.
5. Seal the plate and incubate for 1 hour at room temperature on a plate shaker set to 400 rpm.
6. Wash each well with 3 x 350 µL 1X Wash Buffer PT. Wash by aspirating or decanting from wells then dispensing 350 µL 1X Wash Buffer PT into each well. Wash Buffer PT should remain in wells for at least 10 seconds. Complete removal of liquid at each step is essential for good performance. After the last wash invert the plate and tap gently against clean paper towels to remove excess liquid.
7. Add 100 µL of TMB Development Solution to each well and incubate for 10 minutes in the dark on a plate shaker set to 400 rpm.
Given variability in laboratory environmental conditions, optimal incubation time may vary between 5 and 20 minutes.
Note: The addition of Stop Solution will change the color from blue to yellow and enhance the signal intensity about 3X. To avoid signal saturation, proceed to the next step before the high concentration of the standard reaches a blue color of O.D.600 equal to 1.0.
8. Add 100 µL of Stop Solution to each well. Shake plate on a plate shaker for 1 minute to mix. Record the OD at 450 nm. This is an endpoint reading.
9. Alternative to 7 – 8: Instead of the endpoint reading at 450 nm, record the development of TMB Substrate kinetically. Immediately after addition of TMB Development Solution begin recording the blue color development with elapsed time in the microplate reader prepared with the following settings:

Mode	Kinetic
Wavelength:	600 nm
Time:	up to 20 min
Interval:	20 sec - 1 min
Shaking:	Shake between readings

Note: that an endpoint reading can also be recorded at the completion of the kinetic read by adding 100 µL Stop Solution to each well and recording the OD at 450 nm.

Download our ELISA guide for technical hints, results, calculation, and troubleshooting tips:
www.abcam.com/protocols/the-complete-elisa-guide

For technical support contact information, visit: www.abcam.com/contactus

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