Here is the protocol I use for intermixing of 3% agarose and cells.

Preparation Procedure:
Place your fixed cells with fixative in a 1.5ml Eppendorf tube.
Spin down your cells into a firm pellet, not a hard pellet.
Pipet off supernatant (fixative). Now, using a very fine pipet tip to remove micro amount of liquid.
Pour about 0.25 ml of agarose over cell pellet. Immediately do the following step.
Gently stir and mix cells into agarose. Do not mix cells throughout agarose. Slightly disturb pellet enough so agarose can intermix with it.
Now, let pellet solidify.
Add about 0.5 ml of fixative.
Using the tip of a flat thin applicator stick, gently separate the agarose pellet from the tip of the Eppendorf tube. So pellet can be immersed in fixative.  I usually use a wooden applicator stick that I break into a sharp point.
For transportation: add more fix to 1.5 ml