Material & Methods TEMPLATE

Cells were **[SAMPLE INFORMATION]**. Imaging was performed using a [**1. Microscope MAKE & MODEL]**. The objective used was a **[2. OBJECTIVE]**. Live imaging was performed at **[LIVE IMAGING]**. Samples were imaged with [**3. LIGHT SOURCE**] with [**4. FLUORESCENCE FILTERS]**. Images were acquired [**5. STAGE and 3D Capture]** using a [**6. CAMERA**]

Acknowledgements Template
Imaging was performed at the XXX Unit, at xxx, supported by xxx and Biocenter Finland

WORKING EXAMPLE for widefield

Cells were grown (fluorophores?) on No. 1.5 coverslips, fixed with 4% PFA and mounted on slides using Prolong Gold. Imaging was performed using a Nikon Ti2-E widefield inverted microscope using Nikon NIS Elements 4.11 acquisition software. The objective used was a Nikon 63x Plan Apochromat 1.4 NA with Nikon oil immersion 1.518. Live imaging was performed with Okolab bold line heating system at 37°C, 20% O2 and 5% CO2 with images captured every 10 minutes for 24 hours. Samples were imaged with 475/28nm and 575/25nm excitation filters and 525/50nm and 600/30nm emission filters (Chroma). Images were acquired by taking a z stack of 30 slices with 300nm spacing using a Hamamatsu ORCA-Flash 4.0 v3 sCMOS camera with a pixel size of 6.5µm. Images were 16bit with pixel dimensions 2048x2048.

WORKING EXAMPLE for confocal
Cells expressing GFP and RFP were grown on 35 mm Mattek dishes. Imaging was performed using a Leica TCS SP8 confocal with a DMI8 microscope using LAS X 3.5.2 acquisition software. The objective used was an HC PL APO 63x/1.20 W motCORR CS2. Samples were imaged with 488 nm and 561 nm solid-state lasers with emission windows at 500-550 nm and 580-630nm, the pinhole was set to Airy 1 and scan speed to 400 Hz. Live imaging was performed with Okolab bold line heating system at 37°C, 20% O2 and 5% CO2 with images captured every 10 minutes for 2 hours. Images were acquired by taking a z stack of 30 slices with 300nm spacing with a pixel size of 100nm.

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