

A technical guide to fluorescence *in situ* hybridization

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RNA-fluorescence *in situ* hybridization (FISH) is a powerful tool to visualize target mRNA transcripts in cultured cells, tissue sections or whole mount preparations. As the technique has been developed over time, an ever-increasing number of divergent protocols have been published. There is now a broad selection of options available to facilitate proper tissue preparation, hybridization, and post-hybridization background removal. Thus, a variety of considerations can affect the selection of reagents to achieve optimal results. Here we review the technical aspects of RNA-FISH, examining the most common methods associated with different sample types including cytological preparations and whole mounts. We discuss the application of commonly used reagents for tissue preparation, hybridization, and post-hybridization washing and provide explanations of the functional roles for each reagent. We also summarize probe selection and necessary controls for providing robust gene expression evidence. Taken together, this information will help the methods development process for investigators that seek to perform FISH in organisms without documented or optimized protocols.

1 **A technical guide to RNA fluorescence *in situ* hybridization**

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12 Abstract

13 RNA-fluorescence *in situ* hybridization (FISH) is a powerful tool to visualize target mRNA
14 transcripts in cultured cells, tissue sections or whole mount preparations. As the technique has
15 been developed over time, an ever-increasing number of divergent protocols have been
16 published. There is now a broad selection of options available to facilitate proper tissue
17 preparation, hybridization, and post-hybridization background removal. Thus, a variety of
18 considerations can affect the selection of reagents to achieve optimal results. Here we review the
19 technical aspects of RNA-FISH, examining the most common methods associated with different
20 sample types including cytological preparations and whole mounts. We discuss the application of
21 commonly used reagents for tissue preparation, hybridization, and post-hybridization washing
22 and provide explanations of the functional roles for each reagent. We also summarize probe
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24 this information will help the methods development process for investigators that seek to
25 perform FISH in organisms without documented or optimized protocols.

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30 Introduction

31 Fluorescence *in situ* hybridization (FISH) is a powerful tool to visualize target DNA sequences
32 or mRNA transcripts in cultured cells, tissue sections or whole mount preparations. FISH
33 functions via the principles of nucleic acid thermodynamics whereby two complementary strands
34 of nucleic acids readily anneal to each other under the proper conditions to form a duplex
35 (RNA:RNA or DNA:DNA), known as a hybrid (Felsenfeld & Miles, 1967). Under energetically
36 favourable conditions, strands of RNA and DNA can also anneal to form DNA:RNA hybrids
37 (Rich, 1959, 1960; Milman, Langridge & Chamberlin, 1967). This phenomenon has facilitated
38 the development of techniques that use either DNA or RNA probes to bind to DNA or RNA
39 targets within a biological sample, a method broadly known as *in situ* hybridization (ISH). The
40 earliest ISH protocols relied on radioactive probes that were costly, required long exposure times
41 and were hazardous to the health of the investigator (Gall & Pardue, 1969; Pardue & Gall, 1969).
42 Probes that relied on fluorophores instead of radioactive isotopes were later developed, these
43 probes could be directly detected with fluorescence microscopy and the use of these probes
44 became known as fluorescence *in situ* hybridization (FISH; Rudkin & Stollar, 1977). As FISH
45 can be used to target DNA, modern FISH protocols are frequently used to identify positions of
46 genes on chromosomes, diagnose diseases, and identify microorganisms (Kempf, Trebesius &
47 Autenrieth, 2000; Wiegant et al., 2000; Hicks & Tubbs, 2005). However, FISH has also been
48 developed to target RNA and thus visualize gene expression *in situ*, herein referred to as RNA-
49 FISH (Singer & Ward, 1982). More recently, computational and imaging technology has further
50 driven the development of RNA-FISH to allow for the visualization and automated
51 quantification of individual messenger RNA transcripts (Femino et al., 1998; Levsky et al., 2002;
52 Raj et al., 2008). The use of RNA-FISH to visualize individual mRNA molecules in this fashion

53 is currently known as single-molecule FISH (smFISH; Femino et al., 1998). Ultimately, there are
54 several derivations of the original ISH method that have diverged to localize either DNA or RNA
55 molecules with one of many detection methods. In this review, we focus on RNA-FISH methods.

56

57 As the number of techniques and applications for FISH has increased, the number of available
58 reagents, probe types, and detection methods have also increased. The rise in protocol options
59 has increased the complexity faced by a researcher when developing a new FISH protocol or
60 attempting to adapt an established protocol for use with a non-conventional model organism. In
61 particular, published protocols rarely make it clear which components are essential, technique- or
62 species-specific, or “traditional” elements passed down from previous iterations of a protocol.

63 The purpose of this review is to draw the common ISH variants and their rationales together and
64 discuss the logic behind each step of the methodology to equip users with the knowledge to
65 develop novel applications of RNA-FISH for sample types in which no established or optimized
66 protocols exist. Thus, we present a broad survey of published RNA-FISH protocols to educate
67 new users and streamline the methods development process for experienced investigators that
68 seek to perform FISH in sample types without documented protocols.

69

70 **Survey methodology**

71 To compare differences in modern FISH methodologies (tissue preparation, hybridization, and
72 post-hybridization), the literature was broadly surveyed using PubMed and Google Scholar to
73 search terms including “FISH”, “fluorescent”, “fluorescence”, and “*in situ* hybridization”. We
74 also cross-referenced each article to identify further relevant resources from the bibliography.

75 Manuscripts that included sufficiently detailed methods were selected for comparison. Generally,

76 manuscripts from the last 10 years (after 2009) were preferred to reflect modern methods,
77 however, we chose to also include seminal work that heavily influenced the development of the
78 field. To support the discussion of the functionality of commonly used reagents, we searched for
79 manuscripts that specifically explained the mechanistic underpinnings of the reagents.

80

81 **The development of RNA-FISH and smFISH**

82 The method of labeling strands of nucleic acids *in situ* has undergone substantial development
83 since its inception by Gall & Pardue in 1969 (Figure 1). The earliest ISH techniques were
84 documented in a pair of companion papers by Gall and Pardue (Gall & Pardue, 1969; Pardue &
85 Gall, 1969). Gall & Pardue (1969) used RNA-based probes to label DNA in oocytes of the toad
86 *Xenopus*. Pardue & Gall (1969) also used DNA-based probes to label DNA the same cell types
87 from the same species. In both cases, these probes required autoradiography for visualization.
88 The first fluorescence *in situ* detection of DNA with indirect immunofluorescence was
89 performed by Rudkin & Stollar (1977). The authors used RNA probes with hapten-labeled
90 nucleotides that could be targeted with rhodamine-labeled antibodies. When subsequently
91 visualized with a fluorescence microscope, these circumvented many of the disadvantages
92 associated with autoradiography (Bauman et al., 1980; Kislauskis et al., 1993). Rudkin & Stollar
93 (1977) used the indirect immunofluorescence method successfully to label polytene
94 chromosomes in *Drosophila melanogaster*. Direct fluorescent *in situ* detection (of DNA again)
95 without the need for antibodies was later performed by Bauman et al. (1980). The authors
96 labelled mitochondrial DNA in the insect trypanosome *Crithidia luciliae* using an RNA probe
97 with rhodamine incorporated into the probe itself (RNA was oxidized with NaIO₄, coupled to
98 tetramethyl rhodamine thio-semicarbazide and the labelled probe was phenol-chloroform

99 extracted). Although RNA-based probes had been used to this point, FISH had only been used to
100 label DNA. Singer & Ward (1982) performed the first true RNA-FISH to visualize actin mRNA
101 in a chicken muscle tissue culture. The authors used DNA probes labeled with biotin as a hapten
102 (biotinated dUTP was incorporated into the DNA via nick-translation). Following hybridization,
103 these probes were targeted first with primary antibodies and then with secondary rhodamine-
104 conjugated antibodies to facilitate visualization. The secondary antibody labeling allowed Singer
105 and Ward to achieve higher sensitivity and stronger fluorescence compared to the direct
106 detection method of Bauman et al. (1980). Singer and colleagues later developed the method of
107 so-called smFISH which could resolve individual mRNA transcripts (Femino et al., 1998). This
108 smFISH method used probes that were directly labeled with five Cy3 molecules per probe
109 molecule, and the fluorescence of each probe was calibrated to allow direct relation of signal
110 quantity to hybrid quantity. Since these seminal studies, the applications of smFISH have
111 expanded to visualize differential gene expression within heterogeneous cells (Raj et al., 2008;
112 Taniguchi et al., 2010). The smFISH technique can also be multiplexed with several nucleic
113 acid-based probes with different fluorophores to identify the expression of multiple genes within
114 individual cells (Levsky et al., 2002; Raj & van Oudenaarden, 2009; Shalek et al., 2014).
115 smFISH can also be paired with immunofluorescence or flow cytometry to simultaneously
116 measure mRNA and protein abundance (Yoon, Pendergrass & Lee, 2016; Arrigucci et al., 2017).
117
118 In subsequent iterations of smFISH protocol development, the creation of a new probe type
119 resulted in labelling that was refined to the point where automated quantification became
120 possible. In the early development of RNA-FISH, probes had relied on either one fluorophore
121 per probe molecule (and thus per hybridized transcript) or signal amplification via the

122 immunofluorescence methods. Both methods had issues producing signal-to-noise ratios that
123 could allow reliable quantification of transcript expression. With the development of smFISH,
124 Femino et al. (1998) improved the potential for quantification by using multiple fluorophores per
125 probe molecule, but the fluorophores within the probes were subject to interactions which
126 resulted in self-quenching. Consequently, an alternative type of probe to localize individual
127 mRNA molecules was developed by Raj et al. (2008) using multiple 20-mer oligonucleotides. A
128 series of short probes were designed to collectively span the length of the transcripts of interest
129 with each probe tagged by a single Alexa 594 fluorophore at the 3'-terminus to provide a
130 predictable number of fluorophores per transcript. The authors found that this approach was
131 more effective in labeling individual mRNA targets compared to traditional probes that spanned
132 the full length of the transcript. The method was highly sensitive and produced strong signal with
133 little variation and minimal background, such that individual mRNA transcripts could be
134 automatically counted with the companion software (Raj et al., 2008; Raj & van Oudenaarden,
135 2009; Lyubimova et al., 2013). The technology associated with the synthesis of multiple singly-
136 labeled probes has been patented and licensed to Biosearch Technologies Inc. (Petaluma, CA,
137 USA) where it has been made available under the brand name Stellaris® RNA FISH probes.
138

139 Here we review the technical aspects of RNA-FISH, including but not limited to smFISH. Based
140 on a critical analysis of published methods, we summarize the state of the technique with respect
141 to commonly used reagents for tissue preparation, hybridization, and post-hybridization washing
142 and provide explanations of the functional roles for each reagent. It is worth noting the
143 substantial overlap between many published ISH and FISH protocols with respect to tissue
144 preparation, hybridization, and post-hybridization. Thus, information has been drawn from a

145 broad selection of protocols and could also benefit the development of non-fluorescent
146 (colormetric) ISH protocols (excluding the probe selection and detection process).

147

148 **Technical aspects of FISH**

149 Many permutations of the FISH methodology exist for a variety of niche purposes (Volpi and
150 Bridger 2008). Despite the range of techniques available, there is a core method which is
151 common among most: fixation (pre-hybridization), hybridization, and washing (post-
152 hybridization). These processes are essential to a FISH protocol, and each requires specific
153 reagents to be effective. Generally, the required reagents are similar for cytological, histological,
154 and whole mount preparations. However, there are some differences which are highlighted
155 below. Note that the design and synthesis of a probe against a DNA or RNA molecule of interest
156 is also a critical phase of any ISH experiment, but we will not focus on this aspect here.
157 However, characteristics such as the GC content, the propensity to form secondary structures, the
158 overall length and specificity and probe quantity and quality must be considered.

159

160 ***Tissue preparation and permeabilization***

161 Tissue preparation is one of the most critical aspects of a FISH protocol. Tissue preparation
162 typically comprises both fixation and tissue permeabilization, and the balance of these is
163 important in determining the degree of probe penetration as well as the morphological integrity
164 of the sample. The most common fixatives are 4% formaldehyde or paraformaldehyde in
165 phosphate buffered saline (PBS; Nakamura, Nakamura & Hamada, 2013; Neufeld et al., 2013;
166 Kernohan & Bérubé, 2014; Shiura et al., 2014; Oka & Sato, 2015; Thiruketheswaran, Kiehl &
167 D'Haese, 2016). Formaldehyde is a crosslinking fixative that forms covalent links between

168 macromolecules such as lipids, peptides and DNA; this creates a mesh inside the cells or tissues
169 to hold their components in place and minimize enzymatic degradation over time (Eltoum et al.,
170 2001). Paraformaldehyde solutions produced from a powder will contain pure fixative, however,
171 paraformaldehyde will polymerize over time and become less effective as the polymers
172 precipitate from the solution (Thavarajah et al., 2012). Alternatively, commercial formalin
173 contains 37% formaldehyde in water and is supplemented with 10% methanol as a stabilizer.
174 Thus, a 1:10 dilution of commercial formalin solution is a common substitute for 4%
175 paraformaldehyde that does not require fresh preparation for each experiment (Thavarajah et al.,
176 2012).

177

178 Fixation protocols are generally consistent among cytological, histological, and whole mount
179 preparations, although whole mounts generally require longer treatments to ensure complete
180 penetration of the fixative. Fixation protocols generally consist of a treatment with 4%
181 paraformaldehyde (PFA) or formaldehyde in PBS for varied lengths of time and temperatures
182 (Table 1). These examples, and the link between sample size and “density” (larger and denser
183 samples need longer fixation) can provide some scope when estimating a fixation duration for
184 other sample types. Optimal fixation of planarian worms is achieved with 4% formaldehyde for
185 20 minutes (Pearson et al., 2009; Rink, Vu & Alvarado, 2011). For bacterial species or
186 eukaryotic cells, 4% PFA is used to fix cells for roughly 30 – 90 minutes (Wang et al., 2015;
187 Aistleitner et al., 2018; Cardinale et al., 2018; Rocha, Almeida & Azevedo, 2018). Fruit fly
188 (*Drosophila melanogaster*) embryos are typically fixed in 4% PFA for 20 – 30 minutes
189 (Hauptmann et al., 2016; Jandura et al., 2017; Szabo et al., 2018). Zebrafish (*Danio rerio*)
190 embryos and the annelid *Platynereis dumerilii* can be suitably fixed in 4% PFA for 2 hours

191 (Jékely & Arendt, 2007; Steinmetz et al., 2011) but can alternatively be fixed overnight at 4°C
192 (Oxtoby & Jowett, 1993; Lauter, Söll & Hauptmann, 2011a,b; Marra et al., 2017). Arms of the
193 brittle star (*Amphiura filiformis*) are also fixed in 4% PFA overnight at 4°C. Embryos of the
194 brachiopods *Terebratalia transversa* and *Novocrania anomala* should be fixed in 4%
195 formaldehyde for 4 hours (Schiemann et al., 2017; Gąsiorowski & Hejzol, 2019). The starlet sea
196 anemone (*Nematostella vectensis*) and an acoelomorph worm (*Convolutriloba longifissura*) have
197 been successfully fixed for ISH with 3.7% formaldehyde supplemented with 0.3%
198 glutaraldehyde which is another strong cross-linking agent (Finnerty et al., 2003; Martindale,
199 Pang & Finnerty, 2004; Hejzol & Martindale, 2008). Whole mouse brains are often fixed in 4%
200 PFA for up to 6 hours at room temperature or overnight at 4°C though fixation of brain tissue is
201 recommended not to exceed 24 hours (Kernohan & Bérubé, 2014; Kasai et al., 2016; Lanfranco
202 et al., 2017; Hua et al., 2018).

203

204 As an alternative to formaldehyde, some protocols employ an alcohol-based fixation method
205 using either ethanol (Schurter, LeBrun & Harrison, 2002) or methanol (Legendre et al., 2013).
206 Methanol will dehydrate tissues and strip the membrane lipids to improve permeability
207 (Hoetelmans et al., 2001). Thus, if cross-linking is also desired, formalin may improve tissue
208 permeability over paraformaldehyde due to the added methanol. For example, fixative solutions
209 that contain alcohol and formaldehyde improve permeability in gram-positive bacterial
210 preparations and may retain higher DNA quality in cytological preparations (Manz et al., 1994;
211 Shaffer et al., 2013). Ethanol can also help to strip the external wax and lipids from plant tissues
212 (Bleckmann & Dresselhaus, 2016).

213

214 Beyond the choice of fixative, fixation temperature can also have a substantial impact on the
215 final tissue quality (Fox et al., 1985; Thavarajah et al., 2012). With the use of formaldehyde, heat
216 can accelerate the fixation process; although heat also increases the release of formaldehyde
217 fumes which are hazardous to human health (Fox et al., 1985; Titford, 2001). For nucleic acid
218 visualization, reduced temperatures of 4°C have been shown to preserve RNA throughout the
219 fixation process (Bussolati et al., 2011). Additionally, ice-cold solutions of alcohol fixatives are
220 recommended as the reduced temperatures will reduce the risk of over-permeabilization and
221 subsequent leakage of target molecules.

222

223 Following fixation, samples generally must be permeabilized to allow for proper penetration of
224 hybridization reagents. Detergent treatment of fixed tissue is commonly employed at a
225 concentration of 0.1% as it substantially improves permeability of the tissues via disruption of
226 cellular membranes. The use of Tween-20 is common but other detergents including sodium
227 dodecyl sulfate (SDS) and Triton X-100 can also be used. The detergent 3-[(3-
228 cholamidopropyl)dimethylammonio]-1-propanesulfonate (CHAPS) is commonly used as an
229 additive detergent to multiplex FISH with immunofluorescence as it effectively protects the
230 native structure of proteins (Meyer, Garzia & Tuschl, 2017; Sepsi et al., 2018). Whole mount
231 preparations generally require stronger detergent treatments compared to cytological
232 preparations or sectioned tissue, thus, a more aggressive detergent treatment such as 4% Triton
233 X-100 can be effective in whole mounts (Croll et al., 1999).

234

235 Treatment with a nonspecific protease such as proteinase K will permeabilize the tissues after
236 fixation and can also release target nucleic acid molecules from bound proteins (such as RNA

237 binding proteins) making them more accessible for hybridization. There is generally an inverse
238 relationship between fixation time and the strength of the proteinase treatment as more highly
239 fixed tissues will require a stronger protease digestion to become permeable to the probe. A
240 protease treatment is not always necessary for bacterial or eukaryotic cells as a detergent is
241 usually sufficient, however, a brief treatment with a dilute solution of proteinase K should be
242 considered if probe penetration is the suspected cause of an issue (Carr et al., 2005). Zebrafish
243 embryos are treated with 10 µg/mL proteinase K in PBST for 2 – 20 minutes depending on the
244 age, the same treatment is recommended for fruit fly and snail embryos as well as whole mount
245 planarian worms (Oxtoby & Jowett, 1993; Pearson et al., 2009; Hauptmann et al., 2016; Jackson,
246 Herlitze & Hohagen, 2016). Some protocols call for brain sections to be treated with proteinase
247 K, however, many protocols omit this step as permeability is less of an issue with sectioned
248 material (Kasai et al., 2016; Hua et al., 2018). The proteinase K treatment will require careful
249 optimization as too little digestion will prevent probe penetration whereas too much digestion
250 will destroy the morphology of the tissue and lead to increased background (Tessmar-Raible et
251 al., 2005; Bleckmann & Dresselhaus, 2016). Both the optimal proteinase K concentration and
252 duration of treatment will vary among tissue types. After proteinase K treatments, tissues can be
253 post-fixed for 10 – 30 minutes to preserve morphology throughout the hybridization process
254 (Tessmar-Raible et al., 2005; Jackson, Herlitze & Hohagen, 2016).

255

256 Further permeabilization treatments are available as an alternative or an addition to protease
257 treatments. A treatment of 1 M HCl at 37°C for 30 – 50 minutes is effective to improve
258 permeability of mycolic-acid-containing bacterial cells whereas other bacteria (including
259 *Escherichia coli*) can be permeabilized in only 10 minutes (Macnaughton, O'Donnell & Embley,

260 1994). The addition of Triton X-100 or other detergent directly to the fixative in the initial
261 fixation protocol has also been used to improve the permeability of bacterial cells through its
262 interaction with cell envelope lipid molecules (Jackson, Herlitze & Hohagen, 2016; Rocha,
263 Almeida & Azevedo, 2018). Zebrafish embryos that are stored in methanol can be treated with
264 2% H₂O₂ for 20 minutes at room temperature to improve permeability (Lauter, Söll &
265 Hauptmann, 2011b). This H₂O₂ treatment can also quench endogenous peroxidase activity and
266 bleach tissues to reduce background in horseradish peroxidase-based assays (Marra et al., 2017).
267 In the preparation of whole-mounts with particularly tough integument, a digestion with 0.25%
268 collagenase can be incorporated to improve permeability of dermal layers (Wyeth & Croll,
269 2011). In our experience, careful optimization of the balance between fixation (strength, length
270 and temperature thereof) and a proteinase based permeabilization is time well spent.

271

272 ***Hybridization***

273 The purpose of hybridization is to create the optimal environment for the probe to bind to the
274 RNA target. The hybridization reaction can contain an array of different components (Table 2).
275 In addition to the tissue, most documented hybridization solutions comprise a saline-sodium
276 citrate buffer (SSC) with formamide, vanadyl-ribonucleoside complex (VRC), dextran sulfate,
277 bovine serum albumin (BSA), competitor tRNA or DNA, and the probe (Pinkel et al., 1988;
278 Singer, 1998; Shaffer et al., 2013; Kernohan & Bérubé, 2014; Oka & Sato, 2015). Alternative
279 components include Denhardt's solution, ethylenediaminetetraacetic acid (EDTA), and Tween-
280 20 (Langenbacher et al., 2015; Parker et al., 2019). In addition to the recipe of the hybridization
281 solution, there are several reaction conditions that must be considered, including salt
282 concentration, and the temperature and duration of the hybridization reaction.

283

284 Formamide reduces the annealing temperatures of nucleic acid strands and allows the
285 hybridization to take place at lower temperatures, improving structural preservation of the tissue
286 (McConaughy, Laird & McCarthy, 1969; Bauman et al., 1980; Blake & Delcourt, 1996;
287 Fontenete et al., 2016). Formamide generally composes 50% of the final volume of the
288 hybridization buffer. Formamide is a toxic substance and, therefore, proper safety precautions
289 must be made to avoid inhalation and direct contact with formamide (Warheit et al., 1989).
290 Protocols that use safer alternatives to formamide, such as urea (Sinigaglia et al., 2018) have
291 been developed but have yet to gain popularity (Volpi, 2017).

292

293 VRC is an RNase inhibitor that is used protect RNA-based probes or targets from enzymatic
294 degradation (Berger & Birkenmeier, 1979; Frazier & Champney, 2012). VRC is typically added
295 to the hybridization buffer at a final concentration of 10 mM as a precautionary measure. VRC is
296 not compatible with solutions that contain EDTA as an equimolar concentration of a chelating
297 agent will inactivate the VRC (Puskas et al., 1982).

298

299 Dextran sulfate is an anhydroglucose polymer that absorbs water molecules to become hydrated
300 and reduce the free water in the reaction. This forces the probe and the target closer together, an
301 effect referred to as “molecular crowding”, which enhances the rate of hybridization of the probe
302 to the target as it increases the effective probe concentration (Lederman, Kawasaki & Szabo,
303 1981). Dextran sulfate can also improve fluorescent signals (van Gijlswijk et al., 1996; Franks et
304 al., 1998). Dextran sulfate is a synthetic analogue of heparin which can also be used in the
305 hybridization buffer and has also been reported to reduce background signal (Singh & Jones,

306 1984). Dextran sulfate is most often employed at a concentration of 50 to 100 mg/mL (Singer &
307 Ward, 1982; Oka & Sato, 2015; Parker et al., 2019).

308

309 BSA is used as a blocking agent to reduce background signal and improve the visibility of the
310 probe (Choo, 2008). BSA blocks nonspecific binding of probe molecules to nucleic acid binding
311 sites on proteins within the tissue as it saturates the binding sites prior to the introduction of the
312 probe. The use of BSA as a blocking agent may be especially important when using antibodies
313 conjugated with a fluorophore. BSA is generally used at a concentration of 1 mg/mL
314 (Thiruketheeswaran, Kiehl & D'Haese, 2016) up to 10 mg/mL (Singer & Ward, 1982)

315

316 Finally, competitor DNA or tRNA is generally included in the hybridization buffer. Typically,
317 sheared salmon sperm DNA or tRNA from *E. coli* or yeast is used. The purpose of competitive
318 nucleic acids is to saturate nonspecific binding sites for probes to reduce background.

319 Additionally, the competitor tRNA may protect target mRNA molecules via nonspecific

320 blocking of RNase molecules that may have contaminated the solution. The optimal

321 concentration of tRNA within the hybridization buffer should be empirically determined as it

322 may vary widely depending on the tissue sample and the probe (Langenbacher et al., 2015; Liu et

323 al., 2019).

324

325 There are several alternative hybridization buffer components that can be used to facilitate an

326 optimal hybridization environment. Denhardt's solution is a broad blocking reagent composed of

327 BSA, Ficoll® type 400 and polyvinylpyrrolidone that can be used compared to BSA alone.

328 EDTA is a chelating agent that can be added to a final concentration of 10 mM to remove free

329 divalent ions such as magnesium. As EDTA can inactivate the VRC, both components cannot be
330 used together. However, EDTA has been reported to inactivate RNases as well which could
331 render the VRC unnecessary (Puskas et al., 1982).

332

333 When the reagent recipe has been established to create a supportive hybridization solution, the
334 hybridization conditions must also be determined to facilitate optimal hybridization. We believe
335 attention should be first given to the following three parameters regarding hybridization: salt
336 concentration; hybridization temperature; and duration of hybridization. Optimal hybridization
337 will occur under conditions that allow the hybridization of the probe to the target but prevent the
338 formation of nonspecific hybrids. Conditions that only promote the sole formation of highly
339 stable hybrids are known as highly stringent conditions whereas more permissive conditions that
340 may allow the formation of nonspecific hybrids are considered less stringent. The stringency of
341 the hybridization is affected by the concentration of salt in the hybridization solution (lower
342 concentrations are more stringent) as well as the hybridization temperature (higher temperatures
343 are more stringent). It is most common to keep the salt concentration constant (750 mM NaCl,
344 87.5 mM sodium citrate) and simply adjust the hybridization temperature to achieve the ideal
345 stringency (Pearson et al., 2009; Jackson, Herlitz & Hohagen, 2016). An initial denaturation
346 step of 75°C for 10 minutes is effective to denature all target and probe RNA and maximize
347 surface area of the probe and the target to facilitate hybridization, the sample would then be
348 immediately adjusted to the designated hybridization temperature (Jékely & Arendt, 2007;
349 Jackson, Herlitz & Hohagen, 2016). The optimal hybridization temperature is dependent on the
350 length and composition of the probe with higher temperatures being more stringent and less
351 conducive to hybridization. Although hybridization temperature should be empirically optimized

352 for every probe individually, short oligonucleotide probes (20-50 nucleotides) generally require
353 lower hybridization temperatures of 37°C whereas longer riboprobes of 1000+ nucleotides are
354 able to hybridize at temperatures >55°C (Pearson et al., 2009; Jackson, Herlitze & Hohagen,
355 2016; Fontenete et al., 2016). Generally, the hybridization step cannot be over-incubated and
356 usually involves determining at which point labelling no longer improves. Thus, an extended
357 hybridization should be performed to allow probes to completely occupy available targets.
358 Generally, 12-24 hours is sufficient, regardless of the probe type (Carleton et al., 2014; Jackson,
359 Herlitze & Hohagen, 2016; Meyer, Garzia & Tuschl, 2017; Jandura et al., 2017). Ultimately, salt
360 concentration, hybridization temperature, and hybridization duration can be adjusted to create the
361 optimal hybridization conditions, with enough stringency to get only specific labelling, while
362 maintaining the strongest possible labelling intensity. To streamline optimization, the salt
363 concentration and hybridization duration can be held constant while the hybridization
364 temperature is carefully optimized to the probe.

365

366 *Post-hybridization treatments*

367 The purpose of the post-hybridization washes is to separate nonspecific hybrids and remove
368 unbound probe molecules from the tissue to minimize background signal. Samples are typically
369 subjected to increasingly stringent washes in SSC buffer containing formamide and a detergent
370 (Table 3; Jackson, Herlitze & Hohagen, 2016; Thiruketheeswaran, Kiehl & D'Haese, 2016).
371 Typically, the increased stringency is achieved through sequential washes with incrementally
372 reduced salt concentrations while the wash temperature is matched to the hybridization
373 temperature (Martindale, Pang & Finnerty, 2004; Hejzol & Martindale, 2008; Jackson, Herlitze
374 & Hohagen, 2016; Schiemann et al., 2017; Gąsiorowski & Hejzol, 2019). At the end of washing,

375 the goal is to have only the most specific and stable hybrids remaining. A wash progression
376 ending with a higher concentration of salt (or at a lower temperature, i.e. lower stringency) will
377 be less likely to denature and remove nonspecific hybrids, but also may preserve greater intensity
378 of specific labelling.

379

380 In addition to nonspecific hybrids, autofluorescence and excessive background are issues that
381 can diminish the visibility of true signal and influence the interpretation of the results. Treatment
382 with 0.1% Sudan Black B in 70% ethanol is effective to minimize autofluorescence in sectioned
383 brain tissue as well as cultured cells (Oliveira et al., 2010; Qi et al., 2017). If background signal
384 is an issue, tissues can be acetylated with 0.3% acetic anhydride in triethanolamine for 5 – 10
385 minutes (Jackson, Herlitz & Hohagen, 2016). This acetylation neutralizes positively charged
386 proteins in the tissue that could otherwise engage in electrostatic interactions with negatively
387 charged probes.

388

389 **Probe selection and optimization for FISH**

390 Probes are nucleic acid strands that may be composed of DNA, cDNA or RNA; they may be
391 single-stranded or double-stranded and may vary in length from 20 bases to over 1500 bases.
392 Regardless of the probe type, the sequence of the probes must be complementary to the target
393 sequence to ensure proper hybridization. Probes can be modified with a fluorophore directly
394 attached to the probe to be detectable with fluorescence microscopy. Fluorophores may also be
395 bound to an antibody that binds to an antigen that is incorporated into the probe which is known
396 as secondary detection.

397

398 RNA-based riboprobes targeting full transcripts of upwards of 1500 bases are still common as
399 they are simple to produce in the absence of DNA-synthesis technology. Riboprobes are
400 typically prepared through *in vitro* transcription of a target sequence that has been cloned and
401 then prepared as a purified PCR product. Thus, cloned sequences with flanking RNA polymerase
402 promoters can be used with an appropriate RNA polymerase to produce RNA probes. Secondary
403 detection is most common with riboprobes as nucleotides tagged with hapten molecules such as
404 digoxigenin that are easily incorporated into the transcription reaction. The hapten molecules in
405 the transcribed probe are then subsequently targeted by fluorophore-bound antibodies. One
406 advantage of riboprobes (rather than DNA-based probes) is that an RNase treatment can follow
407 the post-hybridization step to reduce background. This is only appropriate with riboprobes as
408 RNA:RNA hybrids are unaffected by RNases whereas DNA:RNA hybrids will be degraded
409 (Keller & Crouch, 1972; Donà & Houseley, 2014). Note, however, that unintentional RNase
410 contamination earlier in the protocol will be detrimental as single-stranded riboprobes are
411 sensitive to RNases prior to hybridization.

412

413 The other prominent probe type in modern FISH protocols is the oligonucleotide probe – a
414 cocktail of short single-stranded synthetic DNA probes that collectively span the length of the
415 target (Figure 2; Femino et al., 1998; Raj et al., 2008; Zenklusen & Singer, 2010). Each
416 individual probe molecule can be labeled with a fluorophore on the 5' end, 3' end, or both. A
417 broad selection of fluorophores are available including Cy3, Cy5, Alexa fluor (Invitrogen), and
418 Quasar (LGC Biosearch Technologies) depending on the desired absorption/emission spectra,
419 budget, or personal preference. Oligonucleotide probes can be advantageous for particularly
420 challenging tissues as the small probes can penetrate the tissue more efficiently. Furthermore, as

421 each oligonucleotide probe binds to the target, the transcript will relax and facilitate the
422 hybridization of additional probe molecules (Baker, 2012). Oligonucleotides also have the
423 highest specificity possible as they are less tolerant of mismatches that lead to nonspecific
424 binding (Hougaard, Hansen & Larsson, 1997; Insam, Franke-Whittle & Goberna, 2009).

425

426 **Controls for an *in situ* hybridization experiment**

427 An often overlooked aspect of FISH experiments is how to employ controls to detect false
428 positive results, and to ensure that staining patterns represent genuine biological signals. If a
429 staining pattern is observed following a FISH experiment, it could mean that the hybridization
430 was successful, but it could also mean that the probe bound non-specifically to an off-target
431 sequence. Additionally, a lack of observable signal could mean that the target is not expressed,
432 but it may also indicate an issue with the protocol despite the presence of the target. We would
433 encourage creativity in carefully designing control experiments to identify the causes of
434 undesired or absent results. Some potential control treatments are suggested below.

435

436 There are several positive controls that can potentially be used to verify both the efficacy of the
437 FISH protocol and the expected behaviour of all reagents. One type of positive control probe is a
438 poly(dT) probe which can verify that the fixed sample and RNA preservation is of sufficient
439 quality and that the protocol works effectively. The poly(dT) probe will detect poly-A tails of
440 any mRNA molecule, therefore a negative signal from a poly(dT) probe is indicative of poor
441 tissue quality or some other fundamental problem that impedes hybridization (Sarkar & Hopper,
442 1998). An informative counter control to this probe would be a poly(dA) probe where a
443 relatively reduced signal would be expected. A more specific positive control to verify basic

444 protocol function is to use a probe against a constitutively expressed gene such as actin or tubulin
445 that would ideally also be expected to give a spatially discrete staining pattern (Oschwald,
446 Richter & Grunz, 1991; Kaplan et al., 1992). Considering the relative ease and low cost of
447 generating transcriptome data nowadays it is feasible to also select genes with high levels of
448 expression for use as positive controls in the tissue or developmental stage of interest. Finally, if
449 no signal can be generated *in situ* with a positive control it may be informative to perform a
450 simple *in vitro* dot blot. By spotting a diluted series of the probe onto a membrane and detecting
451 these spots with the same reagents used in the *in situ* experiment any technical problems arising
452 from the reagents can be ruled out or quickly identified.

453

454 Conversely, negative controls can identify nonspecific probe binding for direct labelling and
455 nonspecific antibody binding for indirect labelling experiments. Parallel treatments in which one
456 sample has been pre-treated with RNase will also indicate if the probe is binding exclusively to
457 RNA (no signal is expected in the RNase treated sample). A similar treatment with DNase will
458 identify any binding to DNA. By omitting the antibody from indirect detection-based
459 experiments, non-specific cross-reactivity of the antibody can be identified. A sense probe can
460 also be used in parallel with the normal antisense probe. A sense probe should not form a hybrid
461 within the fixed tissue as it will not be complementary to a target, and thus can only produce
462 non-specific binding. If sense and antisense probes are used in parallel and only the antisense
463 probe produces a signal, and all other controls are also verified, it is likely that the probe is
464 specific and hybridized to the desired mRNA target (Piette et al., 2008). While this type of
465 control is commonly employed in the literature and requested by reviewers, it has been reported
466 that some genes are transcribed from both the sense and anti-sense DNA strands (Katayama et

467 al., 2005; Zhang et al., 2006; Hongay et al., 2006; Finocchiaro et al., 2007). In our experience we
468 find a combination of the above controls and more importantly, experience with a range of
469 probes against different genes, will quickly give the user a sense of what is a general non-
470 specific background versus a genuine biological signal.

471

472

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Figure 1

Schematic representation of the technological development of fluorescent *in situ* hybridization.

^[1]Pardue & Gall, 1969; ^[2]Gall & Pardue, 1969; ^[3]Rudkin & Stollar, 1977; ^[4]Tanner et al., 2000 ;

^[5]Singer & Ward, 1982; ^[6]Femino et al., 1998; ^[7]Raj et al., 2008.

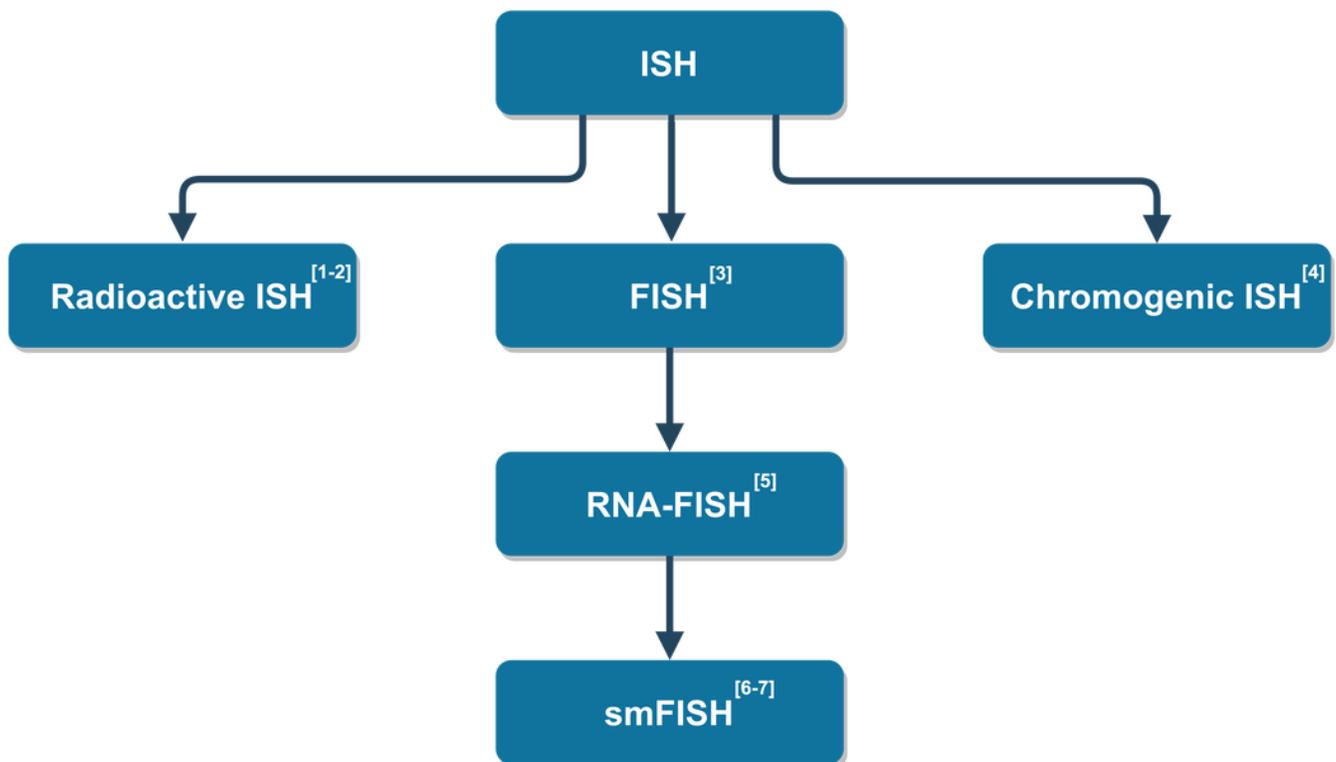


Figure 2

Schematic representation of the riboprobe and oligonucleotide *in situ* hybridization probe types.

A) Hapten-labeled RNA probes must be bound by an antibody labeled with a fluorophore to allow for visualization. B) DNA oligomers directly labeled with a fluorophore can be directly visualized.

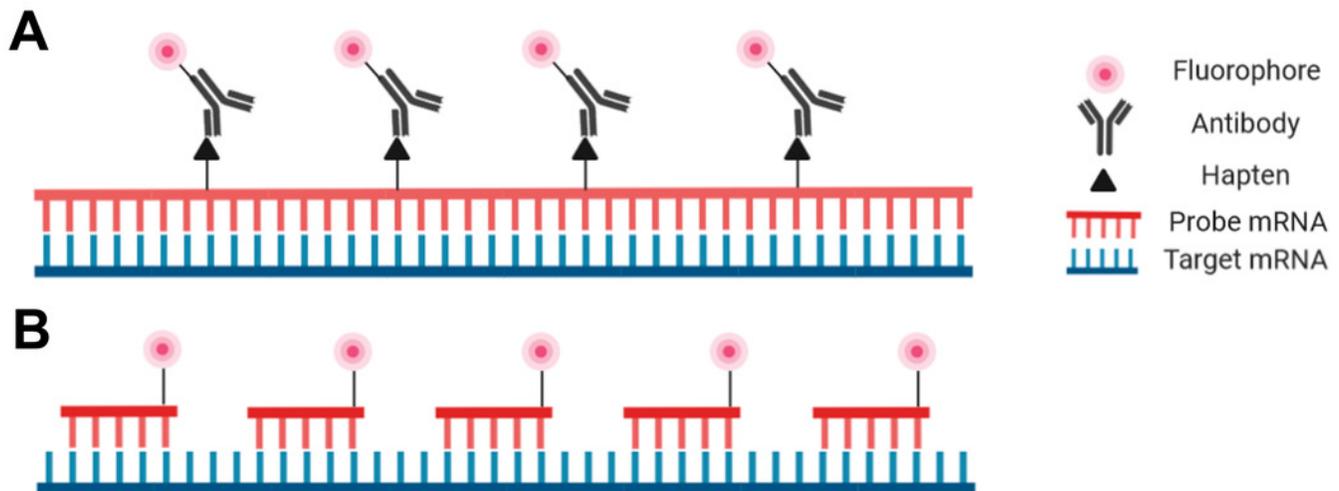


Table 1 (on next page)

Representative panel of fluorescence *in situ* hybridization (FISH) tissue preparation protocols on a diverse group of tissues types.

Special attention is paid to the fixation, permeabilization, acetylation, and post-fixation strategies.

- 1 **Table 1. Representative panel of fluorescence *in situ* hybridization (FISH) tissue preparation protocols on a diverse group of**
- 2 **tissues types.** Special attention is paid to the fixation, permeabilization, acetylation, and post-fixation strategies.

Author(s)	Singer and Ward 1982	Oka and Sato 2015	Langenbacher et al. 2015	Martín-Durán et al. 2016	Thiruketheeswaran et al. 2016	Parker et al. 2019	Liu et al. 2019
Sample	Chicken muscle	Zebrafish embryo	Tunicate	Brachiopod embryos	Earthworm muscle and neuronal tissue	Microglia and macrophages	Marbled goby fish gametes
Preparation	Cultured cells	Whole mount	Whole mount	Whole mount	Tissue sections	Cultured cells	Tissue sections
Fixation	PFA (2%), 1 min	PFA (4%), overnight	FA (4%), 3 h	FA (3.7%), 4 h at 4°C	FA (3.7%), 10 min	FA (4%), 10 min	PFA (4%), overnight
Permeabilization	HCl (0.1 M), 10 min			Methanol (100%), for storage		Ethanol (70%), 30 min	
Proteinase	Proteinase K (50 µg/mL), 10 min		Proteinase K (10 µg/mL), 30 min	Proteinase K (10 µg/mL), 3 min			Proteinase K (10 µg/mL), 5 min
Acetylation	Acetic acid (0.25%)			Acetic anhydride (0.3%)			
Post-fixation	PFA (4%), 10 min		FA (4%), 20 min	FA (3.7%), 1 h			PFA (4%), 30 min

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Table 2 (on next page)

Representative panel of fluorescence *in situ* hybridization (FISH) hybridization protocols on a diverse group of tissues types.

Special attention is paid to the type of probe used, as well as the ingredients of the hybridization buffer.

Table 2. Representative panel of fluorescence *in situ* hybridization (FISH) hybridization protocols on a diverse group of tissues types.

Special attention is paid to the type of probe used, as well as the ingredients of the hybridization buffer.

Author(s)	Singer and Ward 1982	Oka and Sato 2015	Langenbacher et al. 2015	Martín-Durán et al. 2016	Thiruketheeswaran et al. 2016	Parker et al. 2019	Liu et al. 2019
Sample	Chicken muscle	Zebrafish embryo	Tunicate	Brachiopod embryos	Earthworm muscle and neuronal tissue	Microglia and macrophages	Marbled goby fish gametes
Preparation	Cultured cells	Whole mount	Whole mount	Whole mount	Tissue sections	Cultured cells	Tissue sections
Probe type	300 nt DNA	20 nt oligonucleotides	1000 nt RNA	1000 nt RNA	20 nt oligonucleotides	600 nt RNA	1000 nt RNA
Ingredients	Probe	Probe	Probe	Probe	Probe	Probe	Probe
	Formamide (50%)	Formamide (10%)	Formamide (65%)	Formamide (50%)	Formamide (10%)	Formamide (50%)	Formamide (50%)
	Herring sperm DNA (0.5 µg/µL)			Salmon sperm DNA (0.1 µg/µL)		Herring sperm DNA (250 µg/mL)	
	tRNA (2 µg/µL)		Torula yeast RNA (5 mg/mL)	tRNA (0.1 µg/µL)			tRNA (500 µg/mL)
	SSC	SSC	SSC	SSC	SSC	SSC	SSC

	BSA (10 mg/mL)	BSA (2 mg/mL)			BSA (1 mg/mL)		
	Vanadyl sulfate (10 mM)	Vanadyl ribonucleoside complex (2 mM)					
	Dextran sulfate (100 mg/mL)	Dextran sulfate (100 mg/mL)	Heparin (50 µg/mL)	Heparin (50 µg/mL)	Dextran sulfate (100 mg/mL)	Dextran sulfate (50 mg/mL)	Heparin (50 µg/mL)
		Triton X-100 (0.1%)	Tween-20 (0.1%)	Tween-20 (0.1%) and SDS (1%)		Tween-20 (0.1%)	Tween-20 (0.1%)
			Denhardt's solution			Denhardt's solution	
Temp.	34°C	30°C	58-65°C	65°C	30°C	37°C	60 °C
Time	48-72 h	Overnight	Overnight	24-60 h	Overnight	16 h	16 h

Table 3(on next page)

Representative panel of fluorescence *in situ* hybridization (FISH) post-hybridization protocols on a diverse group of tissues types.

As post-hybridization washes are generally numerous and become incrementally more stringent with each wash, not every wash step is documented here. However, the composition of the initial washes and the final washes are highlighted.

- 1 **Table 3. Table 2. Representative panel of fluorescence *in situ* hybridization (FISH) post-hybridization protocols on a diverse**
 2 **group of tissues types.** As post-hybridization washes are generally numerous and become incrementally more stringent with each
 3 wash, not every wash step is documented here. However, the composition of the initial washes and the final washes are highlighted.

Author(s)	Singer and Ward 1982	Oka and Sato 2015	Langenbacher et al. 2015	Martín-Durán et al. 2016	Thiruketheeswaran et al. 2016	Parker et al. 2019	Liu et al. 2019
Sample	Chicken muscle	Zebrafish embryo	Tunicate	Brachiopod embryos	Earthworm muscle and neuronal tissue	Microglia and macrophages	Marbled goby fish gametes
Preparation	Cultured cells	Whole mount	Whole mount	Whole mount	Tissue sections	Cultured cells	Tissue sections
Initial washes:	Formamide (50%) and SSC	Formamide (10%), SSC and Triton X-100 (0.1%)	Unreported	Hybridization buffer and SSC	Formamide (10%) and SSC, 30 min	SSC buffer	SSC buffer and Tween-20 (0.1%)
Final washes:	PBS, 1h	SSC		SSC and PBS with Tween-20		PBS with Tween-20	Maleic acid buffer and Tween-20 (0.1%)

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