

TABLE 1 Experimental results

	A_1 [%]	D_1 [$\mu\text{m}^2/\text{s}$]	A_2 [%]	D_2 [$\mu\text{m}^2/\text{s}$]	A_3 [%]	D_3 [$\mu\text{m}^2/\text{s}$]	N
SPT RNA-Oligon.	38 ± 4	0.3 ± 0.02	61 ± 4	0.73 ± 0.03	—	—	6 nuclei, 4 glands
SPT CTR	17 ± 5	0.5 ± 0.1	—	—	83 ± 15	2–6	4 nuclei, 3 glands
SPT MB*	56 ± 12	0.31 ± 0.03	44 ± 11	0.68 ± 0.08	—	—	4 nuclei, 3 glands
FCS RNA-Oligon.	20 ± 4 (12/77)	0.15 ± 0.05	80 ± 2 (77/77)	0.8 ± 0.05	10 ± 1 (7/77)	11 ± 2	9 nuclei, 3 glands
FCS CTR	—	—	13 ± 1 (45/61)	0.95 ± 0.1	73 ± 1 (61/61)	10 ± 0.4	7 nuclei, 3 glands

N , number of examined nuclei and of different glands, respectively. SPT, single particle tracking; RNA-Oligon., specific 2'-O-methyl-RNA-oligonucleotides; CTR, unspecific 2'-O-methyl-RNA-oligonucleotides; MB, specific 2'-O-methyl-RNA molecular beacons. FCS, fluorescence correlation spectroscopy. Errors are mean \pm SE.

*See the Supporting Material.