

Guide to Solvent Suppression

To suppress one peak:

1. Run a proton NMR (4 scans is ok).
2. Type “efp” and “apk” when done.
3. Place the cursor on the top of the solvent peak.
4. Write down the chemical shift of the peak in Hz (not ppm!).
5. Type “solvsup”.
6. Enter the value noted in step 4 for o1.
7. Type “rga”
8. Type “rg” when rga is finished. The rg should be 128-512 if suppression is successful.
9. Change the number of scans (if needed) by typing “ns”.
10. Acquire data using “zg”.
11. Process and plot like a normal ¹H NMR.

To suppress two peaks:

1. Run a proton NMR (4 scans is ok).
2. Type “efp” and “apk” when done.
3. Place the cursor on the top of each peak.
4. Write down the chemical shifts of the peaks in Hz (not ppm!).
5. Type “multsolvsup”.
6. Enter the values noted in step 4 for o1 and o2.
7. Type “rga”
8. Type “rg” when rga is finished. The rg should be 128-512 if suppression is successful.
9. Change the number of scans (if needed) by typing “ns”.
10. Acquire data using “zg”.
11. Process and plot like a normal ¹H NMR.