

# Basic Operating Procedures for $^{31}\text{P}$ NMR

1. Spin off
2. 2<sup>nd</sup> (orange) lift
3. Don't touch top of spinner. Put spinner in grad cylinder. Put sample in grad cylinder.
4. Insert sample. Turn lift off. Turn spin back on.
5. Hit #3 to get a P job.
6. Look for ringing pattern by pressing field. Adjust to center. Push standby to accept.
7. Press Lock Phase
8. Press lock power and lock gain. (Optimum: lp=30 lg=110). Press stdby to accept.
9. Press Autolock, then Lock. Need D<sub>2</sub>O signal at top of screen and as small as possible.
10. Push z, adjust, stdby.
11. Push z<sup>2</sup>, adjust, stdby.
12. TYPE: RJ PFA (Return).  
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NS (Return) 64 (Return)
13. II (Return)
14. RGA (Return)
15. ZG (Return)
16. Save FID
17. EF (Return)
18. APK (Return)
19. EP (Return)