How to run Deuterium
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Some initial comments:

The following procedure describes how to run a $^2$H-NMR experiment. In this case we are using the deuterium channel for acquisition and we can run them in both BBO and BBI probes.

IMPORTANT! DO NOT TUNE AND MATCH the probe for $^2$H when you are using the lock channel for acquisition!

1) Put a sample of the same solvent in the NMR, lock, shim, and then take it out. The system is now referenced correctly for that solvent.

2) Put your desired sample in the NMR. DO NOT re-lock (remember, in order to observe $^2$H, you should be using protonated and not deuterated solvents!).

3) Turn Lock AND Sweep off in the BSMS panel. In the Lock/Level BSMS keyboard tab, the On-Off buttons under Sweep and Lock should not be green or red. You should see a flattish line near the bottom on the Lock Display window if both are off.

4) Adjust the Lock Power to -60 dBm (dBm is the real measurement, not attenuation in the power level, so a lower value mean lower power) Since the lock transmitter itself can excite deuterium, the lock power should be reduced via the BSBS keyboard.

5) To shim on this sample, type topshim lockoff 1h o1p=X.XX where X.XX is the chemical shift of your protonated solvent. Let it finish shimming.

6) Create a new data set, choose the parameterset A_2H_coupled

7) getprosol

8) Make sure to turn Lock and Sweep off in the BSMS panel (see step #3).

9) rga

10) zg or zgefp, to start the experiment

11) When you are done, insert a regular sample, load regular 1H parameters, re-lock and you are back to "normal"