

# Notre Dame Basic NMR Operation Course

These tutorials and a Standard Operating Procedure for NMR Experiments are required for all new users of the MRRC.

## Step-by-Step Protocol

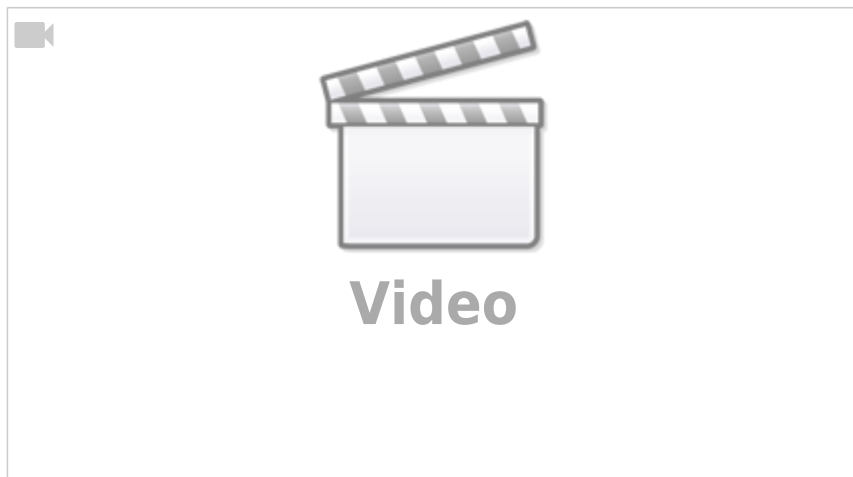
This PDF document gives you concise instructions and prescribes all steps you need to take to record basic 1D spectra.

- Standard Operating Procedure for NMR Experiments

Print this document and have it in front of you when you will be watching the following tutorials.

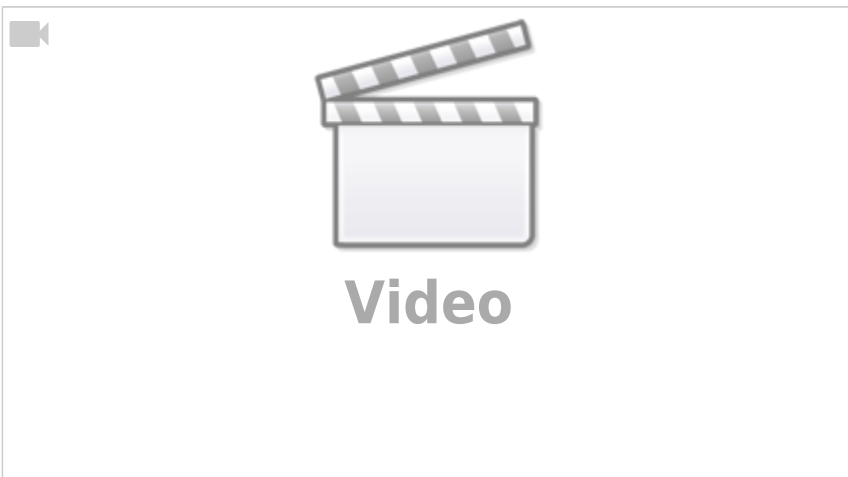
## Part 1. Basic operation on a manual NMR spectrometer

This is a mandatory training video for all users of MRRC covering a required sequence of operations on McCourtney 500 and Stepan 400 NMR instruments



## Part 2. Basic operation on an automatic NMR spectrometer

Watch this video to familiarize yourself with using McCourtney 400 under control of ICON NMR



Click here to return to [your Basic NMR Training](#)

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