Solvent suppression:

Acquire a 1D proton spectrum as normal but decrease the number of scans to 1; this allows you to find the solvent frequency for suppression.

Fourier transform and phase your 1 scan proton spectrum.

Determine the frequency of the largest signal (your solvent) in the spectrum by:

- clicking on the  icon, located third from the right in the first row of icons,
- clicking on the peak top
- selecting o1 in the pop-up window that appears and then OK.

Click on acquisition parameters tab in the spectral window or the acquisition pars button 

in the acquisition guide. Change the following parameters:

- pulse program from zg30 to zgpr (hit return to have the parameters updated)
- ns from 1 to 16 or 32 or more if it is a dilute sample
- pl9: 70 for D_2O or 48 for 90%H_2O/10% D_2O, other solvents will vary depending on your concentration but will probably be between 48 and 70.

Type zg or click the go icon 

in the acquisition guide.

Click OK to the message that comes up about data already existing.

Process as usual, but note: depending on what the suppressed solvent peak looks like, you may have to manually phase the spectrum.