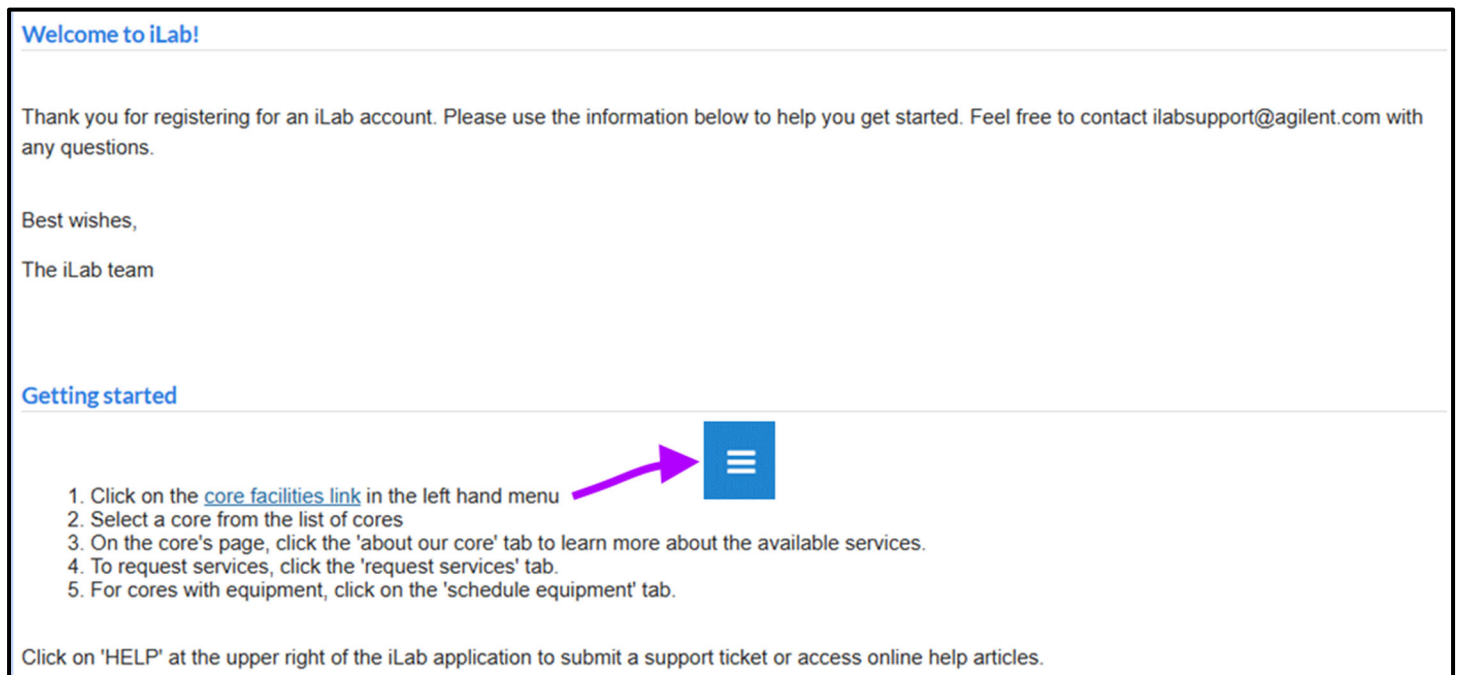


Using iLab at CEST

1. Login to iLab: Visit inside.nd.edu (follow along on [this](#) help guide).
2. Nudge your PI to approve you to their lab.
 - a. *Appointments cannot be made in iLab without this step.*
3. Request access to the CEST facility while logged into your iLab account:



4. CEST will approve access to your selected instruments and/or make initial training appointments for new users.
5. After training is complete, make your own appointments and **Show Up**, using the [Go to Kiosk](#) feature.
 - a. [Start](#) your instrument session and then [Finish](#) when complete.
6. That's it! Please direct any questions about the iLab interface to [Megan Sheraton](#).

a. *Please note, Emeritus PIs may require additional assistance.*