

What network cable should I use to connect my router to fiber optic cable



Overview

However, setting up a fiber optic connection to your router can seem daunting if you're unfamiliar with the process.

Key Takeaways

To connect a fiber optic router, you typically need a high-quality Ethernet cable (Cat6 or higher) to link the ONT to the router, while the fiber optic cable connects the ISP's line to the ONT. Connecting Fiber to Your Router

Most home fiber optic setups require an Optical Network Terminal (ONT), which converts the light signals from the fiber optic line into electrical signals your router can use. The fiber optic cable itself, usually a thin yellow cable with SC/APC or SC/UPC connectors, runs from the wall outlet to the ONT. You generally cannot plug a fiber optic cable directly into a standard home router unless it has a dedicated SFP or SFP+ port designed for fiber.

Ethernet Cable from ONT to Router

Once the ONT converts the signal, you use an Ethernet cable to connect the ONT to your router's WAN port. For optimal performance, especially with high-speed fiber connections, it is recommended to use:

- Cat6: Supports up to 10 Gbps over 55 meters, suitable for most home fiber connections.

- Cat6a: Supports 10 Gbps over 100 meters, with better shielding against interference .
 - Cat7 or Cat8: Optional for future-proofing or ultra-high-speed setups, though often overkill for typical residential use .
- Additional Considerations
- Ensure the Ethernet cable is high-quality and properly shielded to maintain fiber speeds.
 - Keep the ONT and router close together to minimize signal degradation.
 - For outdoor or long-distance runs, consider fiber-to-Ethernet media converters to maintain electrical isolation and prevent interference .
 - Avoid bending fiber optic cables sharply, as this can cause signal loss or microfractures . In summary, the fiber optic cable connects the ISP line to the ONT, and a Cat6 or higher Ethernet cable connects the ONT to your router to fully utilize your fiber internet speeds .

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