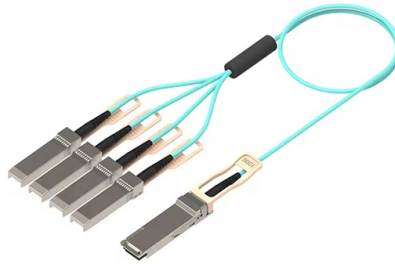


The fiber optic cable is installed upstairs



Article Overview

Running fiber optic cable upstairs requires careful planning, proper cable selection, and protective routing to maintain signal integrity and safety.

Planning the Route

Before installation, determine the final location for the Optical Network Terminal (ONT) or router upstairs. Map the shortest and straightest path from the service entry point to minimize bends and stress on the fiber, which reduces signal loss and prevents macrobends or microbends that can degrade performance . Consider using existing conduits, wall cavities, or attic spaces to simplify the installation and avoid high-traffic areas or heat sources like uninsulated attics or heating vents .

Cable Selection

For residential installations, single-mode fiber is typically used due to its high bandwidth and long-distance capability . Pre-terminated cables with connectors such as SC/APC or LC are recommended for DIY installations, as they eliminate the need for complex field splicing and ensure polished, ready-to-use ends . Indoor fiber optic cables are designed to be flexible and fire-resistant, meeting safety standards for use inside homes .

Routing and Protection

When running fiber upstairs:...

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