

Step 1: Connect Instagram Account

1. Ensure you have a **Facebook Page**
2. Convert Instagram account to **Business or Creator** account
3. Go to Instagram Settings → Account → Switch to Professional Account
4. Connect Instagram to your Facebook Page:
 - Instagram Settings → Account → Linked Accounts → Facebook
 - Select your Facebook Page

Step 2: Create Facebook App

1. Go to [Meta for Developers](https://developers.facebook.com/)
2. Click **"My Apps"** → **"Create App"**
3. Select **"Business"** type
4. Fill in app details and create

Step 3: Generate Access Token

- Using Graph API Explorer (Recommended)

1. Go to [Graph API Explorer](https://developers.facebook.com/tools/explorer/)
2. Select your app from the dropdown
3. Click **"Generate Access Token"**
4. Grant permissions:
 - `pages\_show\_list`
 - `pages\_read\_engagement`
 - `instagram\_basic`
5. **IMPORTANT:** Switch from **"User Token"** to **your Page name** in the dropdown
6. Copy the Page Access Token

Step 4: Get Instagram Business Account ID

In Graph API Explorer, run this query:

```
"  
me?fields=instagram_business_account  
Response will contain:  
json  
{  
  "instagram_business_account": {  
    "id": "17841480066220737"  
  },  
  "id": "630287256825470"  
}  
"
```

The `instagram\_business\_account.id` is what you need.

Step 5: Test the Token

Query:

```
"  
17841480066220737/media?fields=id,media_url,permalink&limit=3  
"
```

If you see posts, the token is working!

Troubleshooting

Common Issues

1. "Invalid OAuth access token - Cannot parse access token"

Cause: Token is expired, invalid, or malformed

Solution:

- Generate a fresh token in Graph API Explorer
- Ensure you switched to Page Token (not User Token)
- Copy the entire token without spaces or newlines

2. "Tried accessing nonexistent field (instagram_business_account)"

Cause: Using User Token instead of Page Token

Solution:

- In Graph API Explorer, use the "User or Page" dropdown

- Select your Facebook Page name
- This switches to Page Access Token

3. Posts not loading / 400 Error

****Cause:**** Using wrong API endpoint

****Solution:****

- Use `graph.facebook.com` instead of `graph.instagram.com`
- Correct URL format