

How to connect instagram to n8n

Connecting **Instagram** to **n8n** for automated posting is possible using the **Meta Graph API** — but there are strict requirements. Instagram does not have a public "post to feed" API for personal or creator accounts — **only Instagram Business Accounts** connected to a **Facebook Page** are supported.

What You'll Accomplish

You'll learn how to:

1. Connect an **Instagram Business Account** to Facebook (if not already)
 2. Get the required **Instagram User ID** and **access token**
 3. Use n8n's **HTTP Request** node to:
 - Upload image
 - Publish it to your Instagram feed
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Requirements

Requirement	Notes
<input type="checkbox"/> Instagram Business Account	Must be linked to a Facebook Page
<input type="checkbox"/> Facebook App (Developer)	Created via developers.facebook.com
<input type="checkbox"/> Page Access Token	Generated via Graph API Explorer or OAuth2 in app
<input type="checkbox"/> Instagram Business User ID	Retrieved via Facebook Page API

Step-by-Step Setup

Step 1: Confirm Your Instagram Account Type

1. Open the **Instagram app**
 2. Go to **Settings > Account**
 3. Scroll down and tap **Switch account type**
 - If it says "Switch to business account" → You are **not** set up yet
 - If it says "Switch to personal" → You're good
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□ Step 2: Link Instagram to Facebook Page

1. Go to **Facebook.com > Your Page**
 2. In the left menu, click **Settings**
 3. Choose **Linked Accounts** (or Instagram)
 4. Connect your Instagram Business account
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□ Step 3: Create a Facebook App

1. Go to: <https://developers.facebook.com/apps>
 2. Click **Create App**
 - App type: **Business**
 - Add required details
 3. Go to **App Review > Permissions and Features**
 - Add these permissions:
 - `instagram_basic`
 - `instagram_content_publish`
 - `pages_read_engagement`
 - `pages_manage_posts`
-

□ Step 4: Get an Access Token

Use the Graph API Explorer:

1. Go to: Graph API Explorer
 2. Select your app and profile
 3. Click "**Get User Access Token**"
 4. Select these permissions:
 - `instagram_basic`
 - `instagram_content_publish`
 - `pages_manage_posts`
 - `pages_read_engagement`
 5. Click **Generate Access Token**
-

□ Step 5: Get Your Instagram Business User ID

Make this request:

GET

```
https://graph.facebook.com/v18.0/YOUR_PAGE_ID?fields=instagram_business_account&access_token=YOUR_PAGE_ACCESS_TOKEN
```

□ Response:

```
{
  "instagram_business_account": {
    "id": "17841412345678901"
  },
  "id": "123456789012345"
}
```

- `instagram_business_account.id` → This is your **Instagram User ID**
- Save it — you'll use it in every post request

□ Automate Posting with n8n

□ **Instagram Posting requires 2 API calls:**

□ 1. Create a Media Container

Method: POST

URL:

`https://graph.facebook.com/v18.0/YOUR_IG_USER_ID/media`

Body (JSON):

```
{
  "image_url": "https://example.com/image.jpg",
  "caption": "Post from n8n! □",
  "access_token": "YOUR_PAGE_ACCESS_TOKEN"
}
```

□ **Response:**

```
{
  "id": "17901234567890123"
}
```

□ 2. Publish the Media Container

Method: POST

URL:

`https://graph.facebook.com/v18.0/YOUR_IG_USER_ID/media_publish`

Body (JSON):

```
{
  "creation_id": "17901234567890123",
  "access_token": "YOUR_PAGE_ACCESS_TOKEN"
}
```

```
}
```

□ Response:

```
{  
  "id": "17987654321098765"  
}
```

□ Your post is now live on Instagram.

□ Set It Up in n8n

Add 2 HTTP Request nodes:

1. Create IG Media Container

- Method: `POST`
- URL: `https://graph.facebook.com/v18.0/YOUR_IG_USER_ID/media`
- Body: `image_url, caption, access_token`

2. Publish IG Media

- Method: `POST`
- URL: `https://graph.facebook.com/v18.0/YOUR_IG_USER_ID/media_publish`
- Body: `creation_id` (from previous node), `access_token`

Chain them together using n8n's visual workflow editor.

□ Token Note

- Tokens from the Graph API Explorer expire in **1 hour**
- Exchange for a **long-lived token** for automation:

```
GET https://graph.facebook.com/oauth/access_token?  
grant_type=fb_exchange_token&  
client_id=YOUR_APP_ID&  
client_secret=YOUR_APP_SECRET&  
fb_exchange_token=SHORT_LIVED_USER_TOKEN
```

- Long-lived tokens are valid for **60 days**
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Summary Checklist

<input type="checkbox"/> Task	Status
Instagram is Business type	<input type="checkbox"/>
Linked to Facebook Page	<input type="checkbox"/>
Facebook App created	<input type="checkbox"/>
Page Access Token retrieved	<input type="checkbox"/>
Instagram Business User ID	<input type="checkbox"/>
HTTP nodes in n8n set up	<input type="checkbox"/>
Able to post images via API	<input type="checkbox"/>