

# Restoring a SQL Server Database from a Backup File

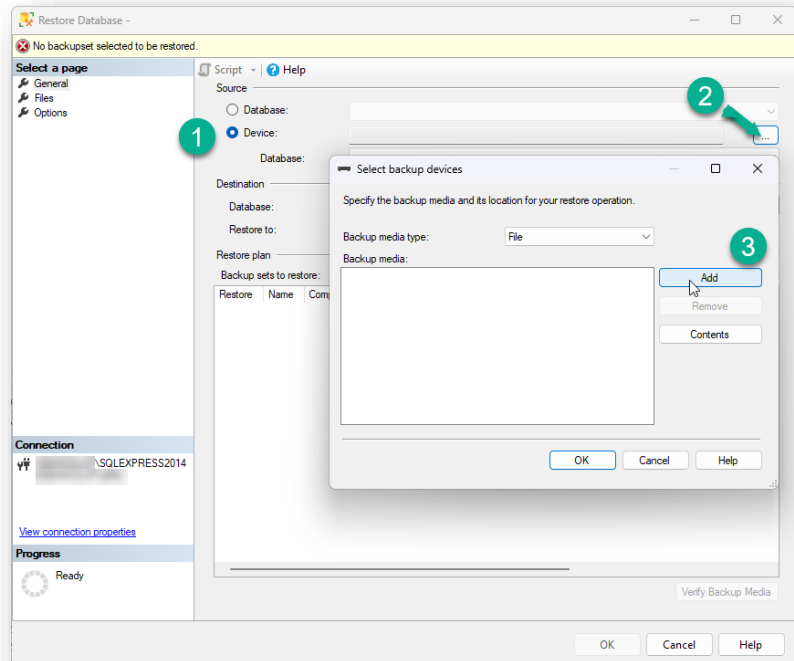
Open SQL Server Management Studio (SSMS).

- Right click on Databases
- Click on Restore Databases...



On the Restore Database screen:

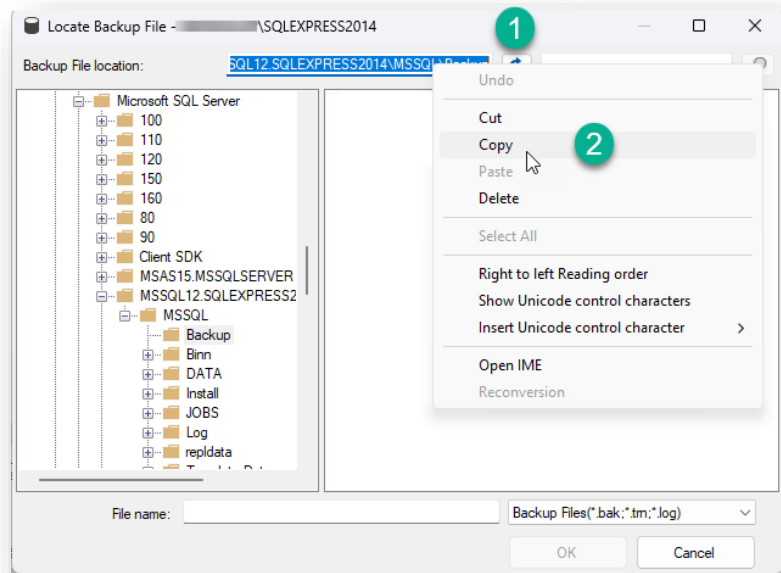
- Click Device
- Click the ellipses [...]
- Then Click the Add Button.



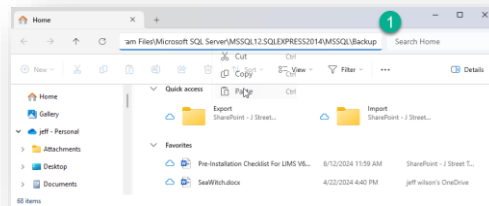
On the Locate Backup File Screen:

- Right click in the Backup File location box.
- Then Click Copy.

You will copy the backup location into an explorer window in the next steps.

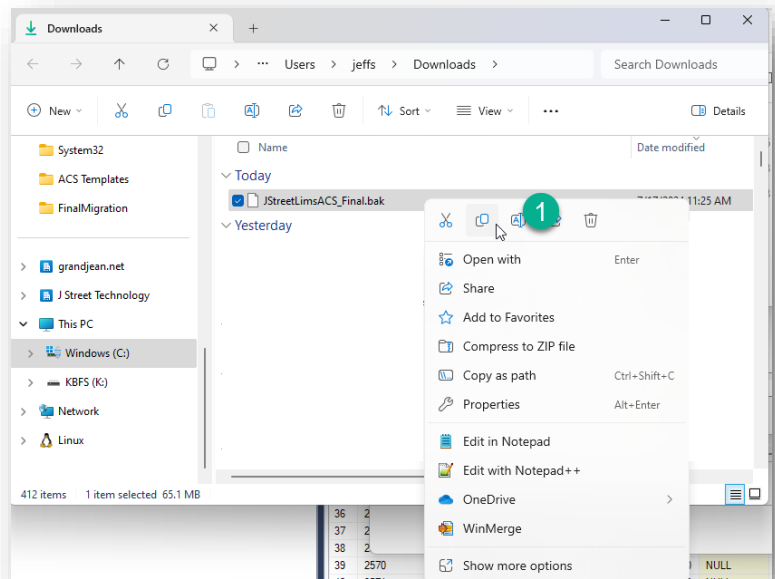


- Minimize SSMS
- Then Open a Windows Explorer window by Pressing the Windows Key + E.
- Right click in the Address bar and select Paste to copy the backup location.



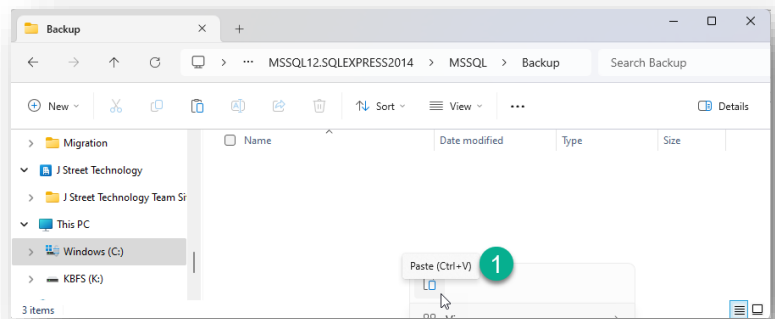
You will be pasting the backup file to this window in the next step.

- Download your SQL Server backup file (in this example, JStreetLimsACS\_Final.bak).
- When complete open the downloads folder.
- Right click on the file and select Copy.



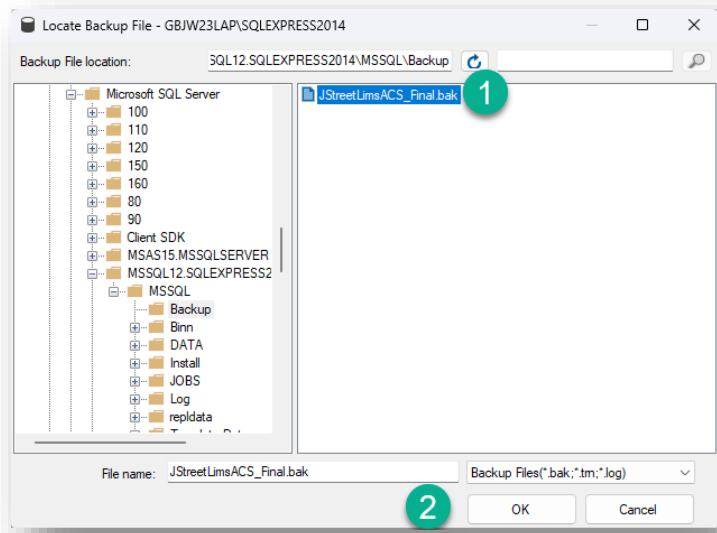
Go back to the Explorer Window.

- Right click on a blank space in the window.
- Click Paste to copy the backup file.

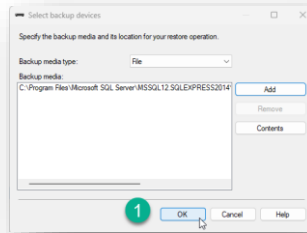


Open the SSMS by clicking the icon on the status bar.

- Select the database file you just copied.
- Then click the OK button.



- Click Ok to go back to the restore screen.



- Change the Destination Database name a name of your choice.
- Then Click OK to restore the database.

Next Step is to connect the restored database to the LIMS program.

