Export and Import a Database with phpMyAdmin in cPanel: Backups and Site Moves

cPanel Guides · https://www.hyyat.com/en/knowledgebase/import-export-mysql-database-phpmyadmin/

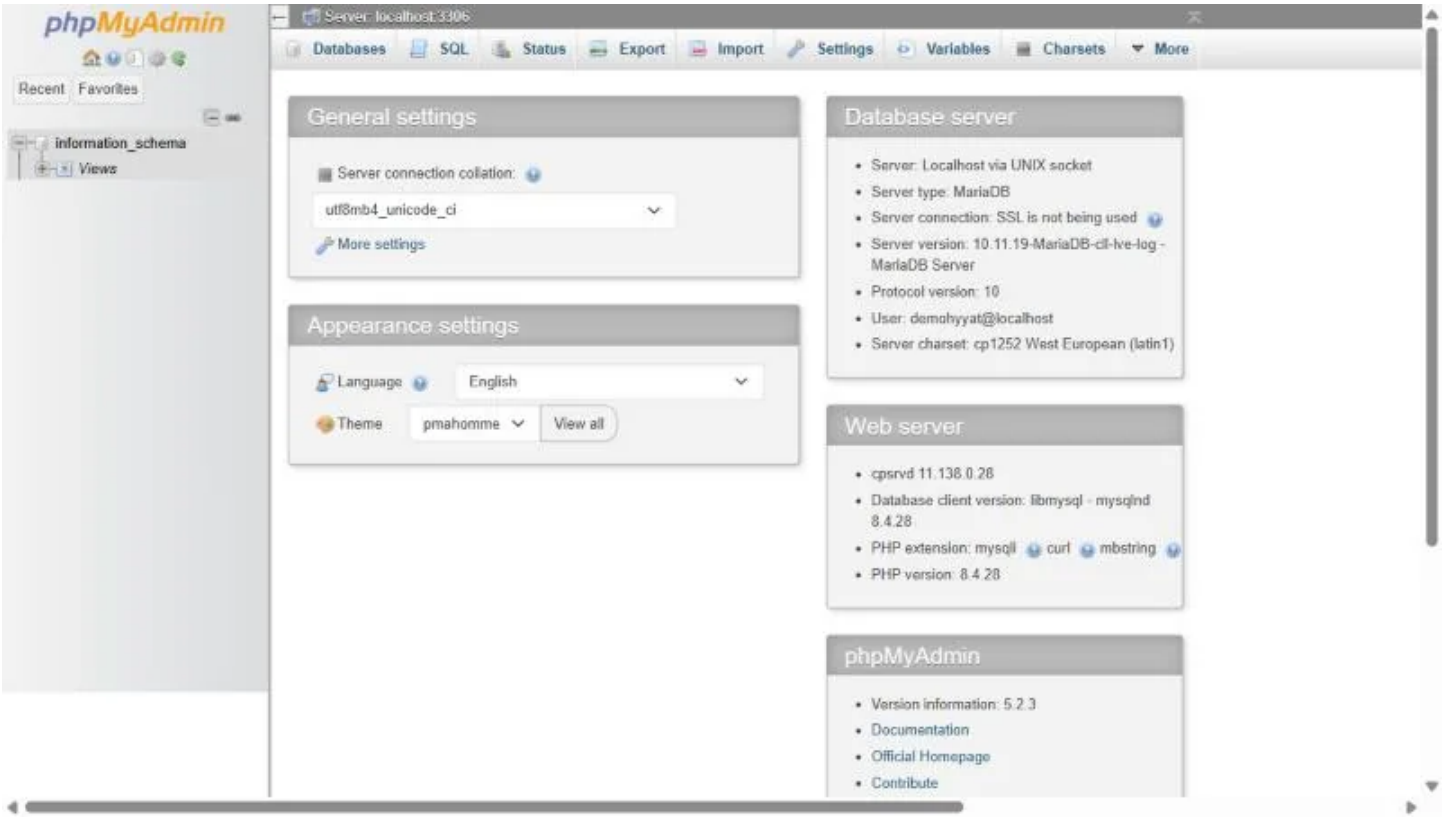
The short versionExport: open phpMyAdmin, pick the database on the left, then **Export** and **Export** again in SQL format. **Import:** create an empty database in cPanel first, select it in phpMyAdmin, click **Import** and choose the .sql file.

Embedded media: https://www.hyyat.com/wp-content/uploads/2026/11/hyyat-cpanel-phpmyadmin-en.mp4?_=1

phpMyAdmin is a web interface for managing databases. Site owners mostly need it for two jobs: taking a copy of the database before a big change, and moving a database from one host to another.

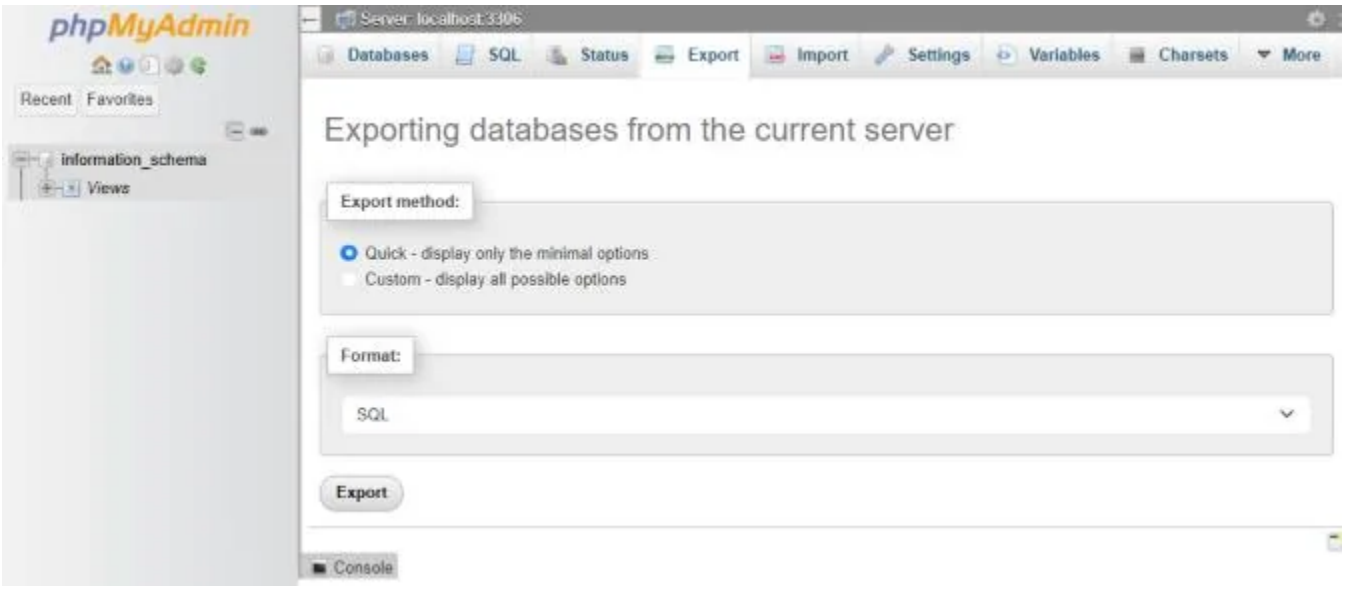
Opening phpMyAdmin

In the Databases section of cPanel click **phpMyAdmin**. It opens in a new tab without another password and lists only your account's databases on the left. You can change its language under Appearance settings on its home page.



Part one: export (the backup)

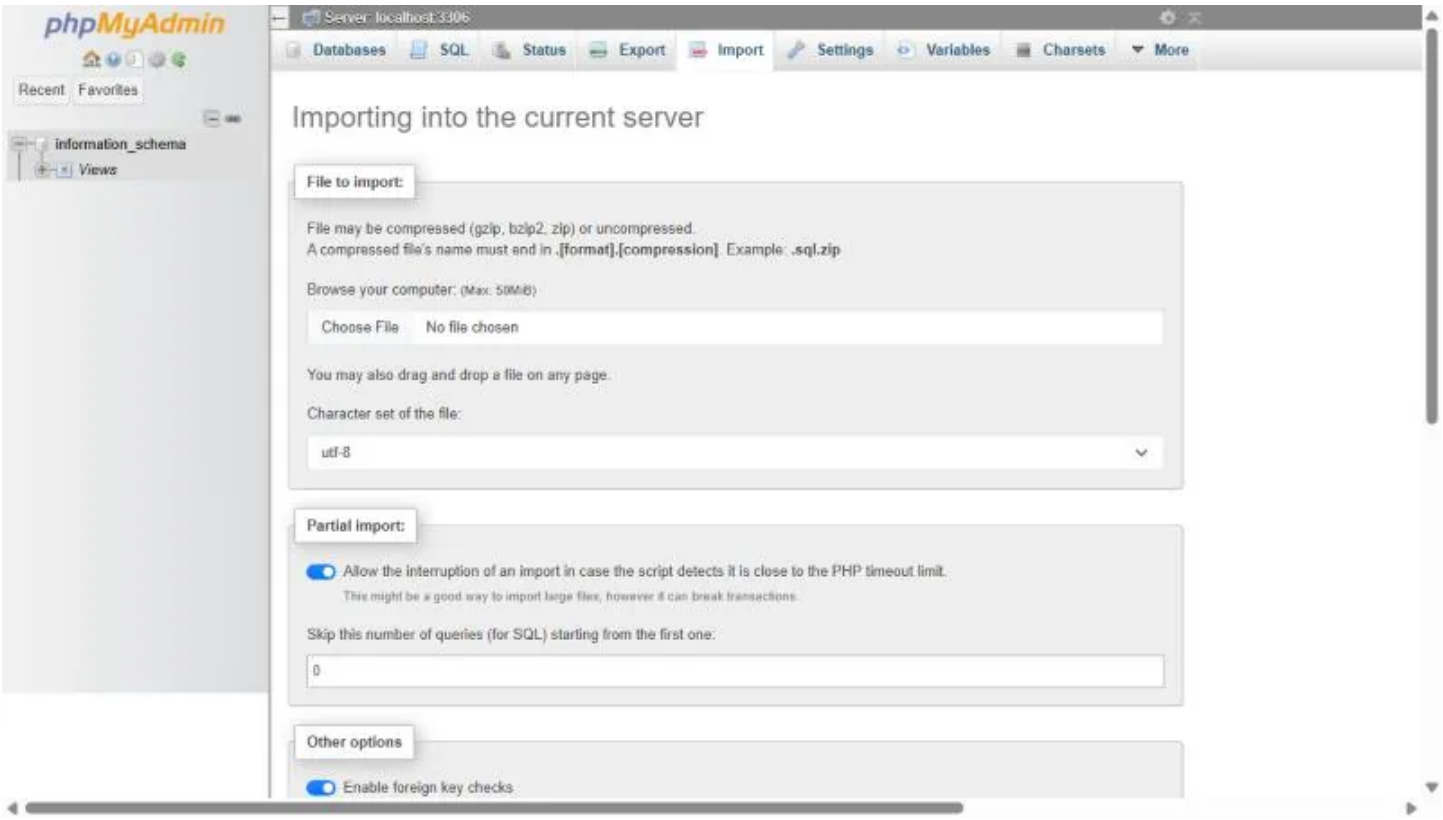
1. **Select the database on the left** important: without it, phpMyAdmin exports at server level.
2. **Click the Export tab** in the top bar.
3. **Keep the method Quick and the format SQL** enough for most sites.
4. **Click Export** a .sql file downloads to your computer.



Choose Custom if you want gzip compression to make the file smaller, or to export certain tables only.

Part two: import

1. **Create an empty database and user** in cPanel; see creating a database.
2. **Select the new database in phpMyAdmin** in the left column.
3. **Click Import** then Choose File and pick the .sql file.
4. **Leave the character set as utf-8** and click the button at the bottom of the page.
5. **Wait for the success message** and check the tables appear under the database name.



Next to the file button you see the maximum import size on your account. A zip or gzip file is accepted and keeps the size down.

Import errors and fixes

Message	Meaning	Fix

No database selected	No database was chosen before importing	Select it on the left and import again
#1044 Access denied ... CREATE DATABASE	The file tries to create a database under another name	Remove the CREATE DATABASE and USE lines at the top of the file
#1050 Table already exists	The database is not empty	Import into an empty database, or drop the old tables after a backup
File exceeds the maximum size	The upload limit was exceeded	Compress the file, ask support to import it, or see increasing the phpMyAdmin upload size

After moving a WordPress database to a new domain, update the site address in the `wp_options` table or in WordPress settings. If you forgot the admin password, see resetting a WordPress password from phpMyAdmin.

Frequently asked questions

Does exporting take my site down?
No, it only reads the data.

What is the difference between Quick and Custom?
Quick exports the whole database with default settings; Custom lets you pick tables, compression and other options.

Can I import a very large file?
If it exceeds the limit shown, compress it or contact support to import it.

Where is the .sql file after exporting?
In your computer's downloads folder.

Related guides

- Create a MySQL Database and User in cPanel: With the Wizard or by Hand
- Check and Repair a MySQL Database in cPanel When Tables Are Corrupted
- How to Increase the phpMyAdmin Upload Size on a cPanel Server
- How to Reset a WordPress Password from phpMyAdmin
- Protecting Your Website Database and phpMyAdmin: Users, Privileges and Passwords

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