

Google Pixel & Most Androids (Hidden System Menu)

- Open the **Phone (dialer) app**.
- Type ***#*#4636#*#*** (the menu will open automatically).
- Tap **Phone Information**.
- Find **Set Preferred Network Type**.
- Change the setting to an option with **LTE** that **excludes NR** (e.g., *LTE/SMS/CDMA* or *LTE/GSM/WCDMA*).

Samsung Galaxy (ServiceMode Code)

- Open the **Phone app**.
- Dial ***#2263#**.
- Select **Band Selection** (or **Stack 1**).
- Choose **Clear All Bands** to reset, then select **LTE** or **LTE Only** to force 4G.
- Tap **Apply** to save.

Universal Android Bypass (If codes fail)

- Download the **Force LTE Only** app from the Google Play Store.
- Open the app and select **Method 1** or **Method 2** (based on your Android version).
- In the hidden menu that opens, change **Set Preferred Network Type** to **LTE Only** or an option without "NR".

Apple iPhone (Carrier Bypass)

Apple completely blocks hidden dialer codes for cellular settings. If your carrier hides the 5G toggle, use this workaround to mimic the effect:

Force Network Degradation via SIM PIN

- Open **Settings > Cellular > SIM PIN** and toggle it on.
- Enter your carrier's default SIM PIN code (you must look this up per carrier, usually **1111** or **1234**).
- Locking and forcing a manual network authentication refresh sometimes forces the hidden "Voice & Data" menu back into sight temporarily.

If this doesn't work, these alternatives lower 5G and keep it off most of the time.

- Open **Settings > Cellular > Cellular Data Options**.
- Tap **Data Mode**.
- Select **Low Data Mode** (this stops high-bandwidth 5G background streaming and forces the phone to use 4G/LTE whenever possible).