



UPDATED 2024 38CFR: Irritable Bowel Syndrome (IBS) - Diagnostic Code (DC) 7319:

30%: Abdominal pain related to [defecation](#) at least one day per week during the previous three months; and two or more of the following: (1) change in stool frequency, (2) change in stool form, (3) altered stool passage (straining and/or urgency), (4) [mucorrhea](#), (5) abdominal bloating, or (6) subjective [distension](#).

20%: Abdominal pain related to [defecation](#) for at least three days per month during the previous three months; and two or more of the following: (1) change in stool frequency, (2) change in stool form, (3) altered stool passage (straining and/or urgency), (4) [mucorrhea](#), (5) abdominal bloating, or (6) subjective [distension](#).

10%: Abdominal pain related to [defecation](#) at least once during the previous three months; and two or more of the following: (1) change in stool frequency, (2) change in stool form, (3) altered stool passage (straining and/or urgency), (4) [mucorrhea](#), (5) abdominal bloating, or (6) subjective [distension](#).

Personal Statement Template for Irritable Bowel Syndrome (IBS):

I am seeking service connection for Irritable Bowel Syndrome (IBS) that I believe is due to my military service. Since [insert approximate date], I have been experiencing chronic abdominal



pain and altered bowel habits that have significantly impacted my daily life.

On average, I experience abdominal pain related to defecation [insert frequency: at least one day per week/at least three days per month/at least once during the previous three months]. This abdominal pain is accompanied by the following symptoms: [select applicable symptoms: change in stool frequency, change in stool form, altered stool passage (straining and/or urgency), mucorrhea, abdominal bloating, or subjective distension].

These symptoms have persisted for [insert duration] and have greatly affected my quality of life. [Describe how IBS has impacted your daily activities, work, and social life. For example: "I have had to take frequent bathroom breaks at work, which has led to decreased productivity and embarrassing situations. I have also had to cancel social plans due to sudden onset of symptoms."]

I have sought medical treatment for my condition, which has included [list any relevant treatments, such as dietary modifications, medications, or therapy]. Despite these efforts, my symptoms continue to persist and interfere with my daily functioning.



I believe that my IBS is directly related to my military service, as [explain any relevant in-service events, exposures, or conditions that may have contributed to the development of IBS].

In conclusion, I respectfully request that service connection be granted for my Irritable Bowel Syndrome, as it has significantly impaired my quality of life and daily functioning. The chronic nature of my symptoms and their impact on my personal and professional life demonstrate the severity of my condition.