



**VA DISABILITY GROUP**  
PLLC

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## **Irritable Bowel Syndrome Symptom Logs**

Hello,

In the Intake Questionnaire, you indicated experiencing Irritable Bowel Syndrome. With this packet, I have included the relevant log. This symptom log packet also includes a rating schedule, used by the VA, on the very last page. This page will give you an idea of how your condition may be rated, and the specific terminology the VA uses to rate your condition. Additionally, definitions for some of the more technical medical terminology has been provided.

It is very important to read and understand these criteria, as your records are used by the VA to evaluate the severity of your condition.

On each page, please fill in your name in the upper-left hand corner and use the log to document all relevant symptoms and send this log back to the firm every 3 months (the firm will handle the submission to the VA – please do not submit these to the VA yourself). Please make sure you sign and date the bottom of each page before submitting these to VA Disability Group.

**IMPORTANT: Focus on reporting the frequency and severity of your symptoms, including the intensity and duration of the pain and/or discomfort. Make sure you are reporting all instances of constipation or diarrhea. Additionally, be sure to report the number of episodes or bowel disturbance or distress that occur throughout the day.**

You do not need to create an entry for every day, just the days you are experiencing symptoms. Documenting the frequency, severity, and specific symptoms of your condition could help your claim.

You can return this to our office in any of the following ways:

**Email:** [cd@vadisabilitygroup.com](mailto:cd@vadisabilitygroup.com)

**Fax:** 269-569-8611

**Mailing Address:** 2974 Business One Drive, Kalamazoo, MI 49048

Once again, we appreciate you choosing our firm and we look forward to working with you on your disability claims. Please do not hesitate to contact the office if you need more logs, need paper copies, or have questions on how to appropriately record your symptoms.

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Kind regards,

VA Disability Group, PLLC

NAME:

# IRRITABLE BOWEL SYNDROME LOG

Date		Number of Bowel Movements	Symptoms 1) Diarrhea 2) Constipation 3) Abdominal Distress 4) Bowel Disturbance	Medication (Over the Counter and Prescription; such as Imodium, Pepto-Bismol, Antacids)	Symptoms Experienced (Daily Notes)
Example		3	1	Imodium	<i>Example: Had three bowel movements today (all diarrhea). I experienced severe abdominal distress from 12:30 to 5:00.</i>

Signature:

Date:

NAME:

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Signature:

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Signature:

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## Rating Criteria for Respective Evaluations

30 Percent:

Severe; diarrhea, or alternating diarrhea and constipation, with more or less constant abdominal distress.

10 Percent:

Moderate; frequent episodes of bowel disturbance with abdominal distress.

0 Percent:

Mild; disturbances of bowel function with occasional episodes of abdominal distress.

*NOTE: Irritable bowel syndrome (IBS) is rated analogous to (7319) Irritable Colon Syndrome (spastic colitis, mucous colitis, etc.)*