

Idioms for OET Speaking

Here are 50 idioms that can be effectively used in the OET speaking exam, along with their meanings and healthcare-related examples:

1. A bitter pill to swallow
 - Meaning: Something difficult to accept.
 - Example: "I understand this diagnosis is a bitter pill to swallow, but we'll work through it together."

2. Break the ice
 - Meaning: To initiate conversation and ease tension.
 - Example: "Let's break the ice by discussing your symptoms."

3. Under the weather
 - Meaning: Feeling unwell.
 - Example: "You mentioned you've been under the weather. Could you tell me more?"

4. Take it easy
 - Meaning: To rest and avoid stress.
 - Example: "After your procedure, be sure to take it easy."

5. A tough nut to crack
 - Meaning: A difficult problem.
 - Example: "Your symptoms are quite unique, and this case might be a tough nut to crack."

6. In good hands
 - Meaning: Being cared for by a competent person.
 - Example: "You're in good hands with our team of specialists."

7. Hit the nail on the head
 - Meaning: To describe something accurately.
 - Example: "You've hit the nail on the head with your concerns about your medication."

8. Bend over backwards
 - Meaning: To make an extra effort.

- Example: "Our team will bend over backwards to ensure your comfort."

9. A blessing in disguise

- Meaning: Something good that isn't obvious at first.

- Example: "Catching this early might be a blessing in disguise."

10. Cut to the chase

- Meaning: To get to the point.

- Example: "Let's cut to the chase and discuss your treatment options."

11. On the mend

- Meaning: Recovering from illness.

- Example: "It's great to see you're on the mend after surgery."

12. Face the music

- Meaning: To confront a difficult situation.

- Example: "It's time to face the music and discuss your test results."

13. Out of the woods

- Meaning: Out of danger.

- Example: "You're not out of the woods yet, but you're making good progress."

14. Keep an eye on

- Meaning: To monitor something carefully.

- Example: "We'll keep an eye on your symptoms to see how they develop."

15. A clean bill of health

- Meaning: Declared healthy.

- Example: "I'm happy to give you a clean bill of health today."

16. Up in the air

- Meaning: Uncertain.

- Example: "The exact diagnosis is still up in the air, but we're getting closer."

17. Get to the root of the problem

- Meaning: To find the main cause.
- Example: "We need more tests to get to the root of the problem."

18. Burn the candle at both ends

- Meaning: To overwork oneself.
- Example: "You've been burning the candle at both ends, which might explain your fatigue."

19. The ball is in your court

- Meaning: It's your decision.
- Example: "We've discussed all the treatment options. Now the ball is in your court."

20. By the book

- Meaning: To follow the rules strictly.
- Example: "We'll handle this case by the book to ensure everything goes smoothly."

21. Under the knife

- Meaning: To undergo surgery.
- Example: "You'll be going under the knife tomorrow for the procedure."

22. Take a turn for the worse

- Meaning: To deteriorate.
- Example: "His condition took a turn for the worse overnight."

23. In the dark

- Meaning: Uninformed.
- Example: "You must feel in the dark about your condition, but I'll explain everything now."

24. Once in a blue moon

- Meaning: Very rarely.
- Example: "This kind of reaction only happens once in a blue moon."

25. Get back on your feet

- Meaning: To recover.
- Example: "After your rehabilitation, you'll be back on your feet in no time."

26. Hang in there
- Meaning: To persevere.
- Example: "Hang in there; you're doing great and recovery is on the horizon."

[Elevate your OET scores with Entri Expert Team! Join for Free Demo Class!](#)

27. In the same boat
- Meaning: In the same situation.
- Example: "Many patients are in the same boat when starting this treatment."

28. Light at the end of the tunnel
- Meaning: A sign of improvement.
- Example: "There's light at the end of the tunnel as your symptoms are getting better."

29. On your last legs
- Meaning: Exhausted or near the end of life.
- Example: "He looks like he's on his last legs due to severe illness."

30. Put yourself in someone's shoes
- Meaning: To imagine being in someone else's situation.
- Example: "Put yourself in the patient's shoes; it's a very difficult situation for them."

31. Call it a day
- Meaning: To stop working for the day.
- Example: "You've done enough for today, let's call it a day and rest."

32. Add fuel to the fire
- Meaning: To make a situation worse.
- Example: "Skipping your medication will only add fuel to the fire."

33. At the end of the day
- Meaning: After considering everything.
- Example: "At the end of the day, your health is what matters most."

34. Clear the air

- Meaning: To resolve confusion.
- Example: "Let's clear the air about your treatment plan."

35. Hit the ground running

- Meaning: To start something and do it well from the beginning.
- Example: "After your operation, we'll hit the ground running with rehabilitation."

36. Out of the blue

- Meaning: Unexpectedly.
- Example: "Your symptoms appeared out of the blue."

37. The last straw

- Meaning: The final problem in a series.
- Example: "This recurring pain was the last straw; we need to find a solution."

38. Go the extra mile

- Meaning: To make an extra effort.
- Example: "We always go the extra mile to ensure our patients are comfortable."

39. A weight off your shoulders

- Meaning: To feel relieved.
- Example: "Getting those results must be a weight off your shoulders."

40. Bite the bullet

- Meaning: To endure something unpleasant.
- Example: "You may need to bite the bullet and begin treatment immediately."

41. A shot in the arm

- Meaning: Something that boosts morale or provides encouragement.
- Example: "This progress is like a shot in the arm for your recovery."

42. In over your head

- Meaning: In a situation beyond your ability to handle.

- Example: "You might feel in over your head, but we'll guide you through each step."

43. Keep your chin up

- Meaning: To stay positive.

- Example: "Keep your chin up, you're making progress every day."

44. Jump the gun

- Meaning: To act prematurely.

- Example: "We don't want to jump the gun; let's wait for the test results."

45. Cut corners

- Meaning: To do something poorly or cheaply.

- Example: "We won't cut corners on your treatment. You'll receive the best care."

46. Hit rock bottom

- Meaning: To be in the worst possible situation.

- Example: "You may feel like you've hit rock bottom, but there are still treatment options."

47. Take a rain check

- Meaning: To postpone a plan.

- Example: "Let's take a rain check on this discussion until we have all the test results."

48. A ray of hope

- Meaning: A small sign of improvement.

- Example: "There's a ray of hope with the latest developments in your treatment."

49. Throw in the towel

- Meaning: To give up.

- Example: "Don't throw in the towel just yet; there are still options to explore."

50. Back to square one

- Meaning: To start over again.
- Example: "If this treatment doesn't work, we might have to go back to square one."

These idioms can help make your communication during OET speaking more natural, relatable, and professional.

[Elevate your OET scores with Entri Expert Team! Join for Free Demo Class!](#)

