

# Glossary of idioms

All the words and phrases included in this guide are those which have been used by patients during consultations and have been included to assist doctors who do not speak English as a first language.

Note: whilst these phrases are commonly used locally, some people may find them offensive.

Word or phrase in context	Meaning
<b>Greetings</b>	
How ya?	<i>How are you?</i>
What's the craic?	<i>How are you doing?</i>
What's the story?	<i>What is happening with you?</i>
How's she cuttin'?	<i>How are you doing?</i>

I want to throw up	<i>I want to vomit</i>
I'm wracked with pain	<i>I am suffering from a lot of pain</i>
I have a problem with the waterworks	<i>I have a problem with urination/passing water</i>
I'm all bound up/ I'm all bunged up	<i>I am constipated</i>
It turns my stomach	<i>I feel sick thinking about it</i>
The ticker is acting up	<i>My heart is not as it should be</i>
He is a bit out of puff	<i>He is out of breath</i>
I have the runs	<i>I have diarrhoea</i>
I'm off the fags	<i>I'm off the cigarettes</i>
I'm on the gargle	<i>I have been drinking</i>
I'm lost for words	<i>I have no words to respond</i>
I can't think straight	<i>I am confused</i>
My head is thumping	<i>I have a headache</i>
He is a shadow of himself	<i>He lost a lot of weight fast</i>
Alive and kicking	<i>I feel well</i>
At death's door	<i>Very ill</i>
Black out	<i>Unconscious</i>
Bundle of nerves	<i>Very worried and concerned</i>
Check up	<i>Consultation</i>
A clean bill of health	<i>Healthcare professional has no more checks to do, all is well</i>
I'm a bit under the weather	<i>I am feeling unwell</i>

Word or phrase in context	Meaning
I'm on the mend	<i>I am getting better</i>
Are you putting me under the knife?	<i>Will I need surgery?</i>
Crap	<i>Damn</i>
Nuts	<i>Mental health issues / testicles</i>
Me Willie/Me mickey	<i>Penis</i>
I'm up to 90	<i>I am very worried</i>
Going like the clappers	<i>Going very fast</i>
I'm knackered (cream crackered)	<i>I am exhausted</i>
I'm banjaxed	<i>I feel broken</i>
I'm in bleedin' agony	<i>I am in pain</i>
Puke	<i>Vomit</i>
Goin' to the jacks	<i>I am going to the toilet</i>
Goin' for a lash	<i>I am going to the toilet</i>
Hackin' me guts up	<i>I was coughing a lot</i>
Frog in my throat	<i>Thick phlegm stuck in my throat</i>
Put it on the long finger	<i>Delay doing something</i>
An awful dose	<i>I felt very ill with this ailment</i>
Waiting to get the once over	<i>Waiting for a check-up</i>
Wearing the ear off me	<i>Being admonished / Constant complaining</i>
The scutters/the runs	<i>Diarrhoea</i>

Alcohol word or phrase in context	Meaning
I had a one and one	<i>I had a pint and a short (chaser)</i>
I had a pint and a chaser	<i>I drank a pint of beer followed by distilled spirits</i>
Mocktails	<i>Non alcoholic drinks</i>
I had a few scoops	<i>I had a few alcohol drinks</i>
I was on the gargle	<i>I was drinking a lot of alcohol</i>
I'm back on the wagon/on the dry	<i>I am no longer drinking alcohol (for now)</i>
I've had a few rollies	<i>I had a few cigarettes/(may also refer to marijuana)</i>
I'm on the 'gange'	<i>I am smoking marijuana</i>
A bit of dope	<i>I am taking some marijuana</i>
Prinks	<i>Drinks at home before going out to a bar/pub/ nightclub</i>
I've got the DT's	<i>Delirium tremens (DTs) is the most severe form of ethanol withdrawal, manifested by altered mental status (global confusion) and sympathetic overdrive (autonomic hyperactivity), which can progress to cardiovascular collapse. Minor alcohol withdrawal is characterized by tremor, anxiety, nausea, vomiting, and insomnia.</i>
I roll me own	<i>I prepare my own cigarettes/(may also refer to marijuana)</i>
I puked my guts up last night	<i>I vomited all my stomach contents last night</i>
Alcopop	<i>Alcopops are sweet alcoholic drinks consisting of a mixture of distilled spirits and lemonades, fruit juices or non-alcoholic drink</i>
Bubbly	<i>Champagne or Prosecco - sparkling alcoholic drinks</i>
Keg	<i>A small cask or barrel usually storing alcohol</i>
Spirits	<i>A distilled alcoholic drink</i>
Six-pack	<i>Six bottles of beer packaged together</i>
Plonk	<i>Cheap, low quality wine/beer</i>
Mixers	<i>Non alcoholic (soft drinks) that are combined with alcoholic drinks</i>
A slab	<i>Usually 24 cans of beer packaged together</i>
Beer belly	<i>Abdominal obesity can also be referred to as a spare tire, or the middle-age spread</i>